



# Banners Gate & Parklands Community & Neighbourhood Forum

195<sup>th</sup> July 2025

[bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com)

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



## Rob Pocock: NEW SUTTON POLICE STATION OPENS THIS MONTH!

For several years, residents have been victims of unjustified allegations that Sutton Coldfield will lose its police station. This has always been untrue. It has always been the intention that Sutton Coldfield town centre would retain its police station base, with it being rebuilt to a much more modern 21<sup>st</sup> century standard. I'm pleased to confirm that this has now been done. The newly revamped police station opened this week behind the old site, on Anchorage Road.

This is an infinitely more efficient and modern police base, with upgraded internal standards, full security CCTV coverage, 21<sup>st</sup> century digital communications, much more efficient heating and modern insulation. In contrast, the decrepit old 1960s building was vastly underused (over 80% unoccupied), inadequately heated, expensive to maintain, with poor energy insulation standards, and outdated electronic infrastructure.

What's more, the new premises in Anchorage Road will cater for exactly the same volume of local police support as we had under the decaying old site. So the same Neighbourhood Police numbers, the same 999 response service base, and the same public front desk service where you can go in-person and report items of concern in confidence, in fact it's a less obtrusive and more

private location for anyone wanting to raise confidential personal matters such as domestic violence or child abuse, where you don't want to be spotted in major public view.

## AND ... NEW MEDICAL CENTRE TAKES OVER THE OLD BUILDING!

As well as the baseless rumours of Sutton losing its police station, there were also mischievous stories put about for several years that the remaining building would be flogged off for a particular kind of 'faith centre'. So, it's a great pleasure to be able to squash those rumours too and announce this week that the old premises will become a new modern health centre, run by local GPs and containing a base for having tests and check-ups without having to go to the main Good Hope Hospital or even further afield.

These new local medical centres are very much part of the modern future revamp of the NHS, being more focussed on the community sites and less dominated by solely relying on the major hospitals. Another great example of this is the major revamp going on at the moment at the former Sutton Cottage Hospital in the town centre. You've probably seen the scaffolding and renovation work. It's being redeveloped by the Birmingham Community Healthcare Trust, part of the national community NHS services. When it re-opens early next year it will again be an additional and enhanced, modern, safe and secure base for minor surgery, chronic illness

support, checkups and community health support.

With all the negative stuff going round, it's great to report positive news of re-investment in Sutton Coldfield. And by the way, I always keep my comments in these Gatepost articles non-political. Gatepost is not a place for political propaganda and be assured I will not be drawn into any of that!



**Max Hatton:** Hello Gatepost readers! I hope everyone is enjoying their summer, and the start of the six weeks holidays so far. Earlier this month, Birmingham and the World were saddened to hear of the death of Ozzy Osbourne, a true legend of

Birmingham whom only earlier this month performed the greatest rock show in history at Villa Park. Ozzy's passing comes as a shock and with great sadness to us all, he will forever be remembered by his millions of fans from all over the world and we all offer our deepest condolences to his family. Just as Ozzy famously said at the Commonwealth Games closing ceremony "Birmingham Forever", we also now cheer Ozzy Forever!

July has been an eventful month for Birmingham, on the 5<sup>th</sup> July we had a historic weekend with the Black Sabbath Back to the Beginning concert and Jeff Lynne's final 2 shows in Birmingham, and I had the privilege to attend one of Jeff's final shows on the 5<sup>th</sup> July, and what a show it was!



You might wonder why someone my age would be interested in ELO, growing up I've not been able to escape them! My dad is a long time friend and colleague of Jeff, both grew up a stones throw from each other in Shard End and both played the same bars in and around town in the 60s/70s,

but Jeff's career took him to superstardom and helped put Birmingham on the map! He and dad have always kept in touch, and my dad even

helped with some backing vocals on Jeff's Armchair Theatre album in the 90's!

On the Saturday of Jeff's final show the city was abuzz, mostly for the Back to the Beginning concert, which rightly so was historic, but Jeff's less published show was still amazing. With broken fingers, he battled through and sang to an arena packed full of devoted fans!

Birmingham should be proud of our musical heritage, we've produced some of the greatest figures in rock history!



Our links to rock & roll are far less celebrated than in Liverpool or Manchester, both cities have done a brilliant job of honouring the legacy of The Beatles and Oasis, yet Birmingham lags behind! You may all be aware of the campaign to Save Station

Street, I am a unapologetic supporter of the campaign, Birmingham needs and deserves a space to celebrate our cultural heritage and a space to cultivate the next generation of Black Sabbath, ELO, Duran Duran or UB40!

After seeing the tens of thousands of visitors to Birmingham to honour Ozzy Osbourne as his funeral cortege passed Broad Street, it begs the question why are we not celebrating our cultural heritage? Saving The Crown pub and Station Street is the obvious answer!

There will be no Town Council meeting in August, our next full town council meeting will be held on Tuesday 23<sup>rd</sup> September from 7pm at the Trinity Centre, hope to see you there. Until next time Gatepost Readers, have a great month!

**John Cooper:** [John.cooper@suttoncoldfieldtowncouncil.gov.uk](mailto:John.cooper@suttoncoldfieldtowncouncil.gov.uk)



We now face the annual summer close down of politics in the UK with August being a blank month in terms of Council and committee meetings.

However, we shall still be here working hard to try and make Vesey and Sutton Coldfield a better place to live and work in. The place it should be.

Unfortunately, with a national Labour Government, Labour West Mids Mayor, Labour Police and Crime Commissioner (PCC) and a Labour City Council we are battling the tide when it comes to providing better value for taxpayers money.

Sutton Coldfield residents pay over £70m in annual Council Tax funding to bankrupt Birmingham City Council (BCC) and around £8m to the PCC. Both charges are hiked up year after year, with the Council Tax having increased by 17.5% in the past two years alone.

And what do we get in return?

Reduced services, cuts and bin strikes from BCC, and fewer officers and a new 'cottage' Police station unfit for purpose from the PCC.

Most of the sale proceeds of the old Police building are being diverted out of the town after the PCC failed to carry out any consultation with residents about his plans, and failed to provide a better service in the town using the monies raised from the sale.

Instead, our Police Station has now been sold off and its replacement is located in a few ex-Police houses on Anchorage Road. This is wholly inadequate for a growing population of almost 100,000 residents.

We are told that policing has changed, but the problem is that crime hasn't. We still have antisocial behaviour, car crimes, speeding and house break in's. Only last week there was a ram raid on a public house on Boldmere Road with two slot machines taken.

The financial chaos in BCC has led to the closure of our Town Centre Library after more than 50 years serving the community.

Boldmere and Walmley Libraries are also due to close imminently, backed by local Labour councillors who approved the cuts in last year's BCC budget.

Over the past 12 months I have been working hard with local campaigner Anja Pawson to keep Boldmere Library open.

We have arranged public meetings, carried out media interviews, raised petitions and held discussions with the leadership team at Royal Sutton Coldfield Town Council which has previously provided BCC with £1.2m funding over the past eight years to keep the Town Centre Library open.

We continue to campaign against Labour BCC's shameful proposal to close Boldmere Library and develop potential solutions with the Town Council to keep it open. The vision is a Sutton Coldfield-wide library and community service provided by the Town Council, free of the shackles of bankrupt City Council. Out of despair comes opportunity.

Watch this space."

John Cooper July '25

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

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[johncooper@suttoncoldfieldtowncouncil.gov.uk](mailto: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

We have been super busy this month and I am pleased to share the results of our recent community action aimed at keeping Sutton Vesey clean and safe.



**Before**



**After**

Potholes reported and repaired  
on **Wilkinson Close**.



**Before**



**After**

Hedge trimmed & pavement  
cleared on **Lennox Grove**.



**Before**



**After**

Graffiti removed on  
**Margaret Road**



**Before**



**After**

Waste collection reported and resolved  
on **Chester Road** near Tesco Extra.



**Before**



**After**

Traffic lights  
reported and  
repaired by the  
junction of  
**Chester Road**  
and **Monmouth**  
**Drive** near  
**Banners Gate**.



Together with **Sir Andrew Mitchell MP** we have championed the  
Sutton Coldfield Art Trail and the Community Games.

If we can assist you  
with any issues,  
please email us at:  
[veseyward@gmail.com](mailto:veseyward@gmail.com)

and

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

## 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](http://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)



# WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.

 **RESET**

 **RESHAPE**

 **RESTART**

## Birmingham pays tribute to Ozzy Osbourne



A book of condolence has been set up in Birmingham Museum and Art Gallery where a [Ozzy Osbourne exhibition](#) is currently open to the public, as well as Villa Park. [A digital book of condolence is also available for people to sign.](#)

# 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](http://www.simplyschoolsupplies.co.uk) or contact us directly at  
[enquiries@simplyschoolsupplies.co.uk](mailto: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.

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

Q: Can you describe the individual? A: He was about medium height and had a beard.

Q: Was this a male. or a female?

Q: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney.

A: No, this is how I dress when I go to work.

Q: Doctor, how many autopsies have you performed on dead people?

A: All my autopsies are performed on dead people.

Q: ALL your responses MUST be oral. What school did you go to?

A: Oral.

Q: Do you recall the time that you examined the body?

A: The autopsy started around 8:30p.m.

Q: And Mr Dennington was dead m the time?

A: No, he was sitting on the table wondering why I was doing an autopsy.

Q: Are you qualified to give a urine sample?

Q: Doctor, before you performed the autopsy, did you check for a pulse?

A: No.

Q: Did you check for blood pressure?

A: No.

Q: Did you check for breathing?

A: No.

Q: So. Then it is possible that the patient was alive when you began the autopsy?

A: No.

Q: How can you be so sure. Doctor?

A: Because his brain was sitting on my desk in a jar.

Q: But could the patient have still been alive, nevertheless?

A: Yes. it is possible that he could have been alive and practicing law somewhere.

Thank you Terry Wood

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



Birmingham  
Heritage  
Week



in Sutton  
Coldfield



celebrating  
ARCHITECTURE



12th - 21st September

EVENTS  
PROGRAMME

2025



Sutton  
Coldfield  
Heritage  
Network



## 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 Branner (pioneer vet)



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

THE ROYAL TOWN OF  
SUTTON COLDFIELD  
MDXXVIII




## 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.



<p><b>Thursday 11th</b></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> <b>B72 1TF</b></p>	<p><b>Friday 12th</b></p> <p>Tours of the New Hall Hotel Grounds by Marian Baxter</p> <p>11am - 12.30pm 2pm - 3.30pm</p> <p> <b>B76 1QX</b></p>	  <p><b>SCCT</b> Sutton Coldfield Charitable Trust</p> 
<p> <b>B72 1TF</b></p>  <p>Holy Trinity Parish Church (CofE) Open Day 11am - 3pm</p>	<p><b>St Peter's Maney (CofE)</b> Open day 10am - 2pm</p>  <p> <b>B72 1JJ</b></p>	<p> <b>B72 1TA</b></p>  <p>Sutton Coldfield Baptist Church Open Day 11am - 3pm</p>
<p> <b>B73 6DA</b></p>  <p>Town Hall Open Day 10am - 4pm</p>	<p><b>Saturday 13th</b></p> <p>Sutton Coldfield Railway Station Foyer - exhibition 11am - 3pm</p>  <p> <b>B73 6AY</b></p>	<p><b>OPEN DAYS</b></p> <p> <b>B72 1TJ</b></p>  <p>Masonic Hall Open Day 10am - 2pm</p>
<p><b>Sunday 14th</b></p> <p>Sutton Park sweat Lodge reconstruction</p> <p>1pm - 4pm</p> <p> <b>B74 2YT</b></p> 	<p><b>Sunday 14th</b></p> <p>Sutton Coldfield Heritage Films at Highbury Theatre</p> <p>11am - 3pm</p> <p> <b>B73 5HD</b></p> 	<p><b>Sunday 14th</b></p> <p>New Hall Mill Open Day</p> <p>10am - 4pm</p> <p> <b>B76 1QU</b></p> 
<p><b>Monday 15th</b></p> <p>Emmanuel Church</p> <p>Open Church</p> <p>Wylde Green</p> <p>12 noon - 2pm</p> <p> <b>B72 1DP</b></p>	<p><b>Monday 15th</b></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> <b>B72 1TF</b></p>	<p><b>Monday 15th</b></p> <p>St Nicholas Church Boldmere</p> <p>Open Sessions</p> <p> <b>B73 5US</b></p> <p>ALSO OPEN - TUES 16th, WED 17th, FRI 19th 9.30am - 5pm (each day)</p>
<p><b>Tuesday 16th</b></p> <p>Holy Cross and St Francis, Walmley (RC church)</p> <p>Open Morning</p> <p>10.30am - 12.30pm</p> <p> <b>B76 2RS</b></p>	<p><b>Tuesday 16th</b></p> <p>Sutton Park Archaeological Walk</p> <p>11am - 1pm</p> <p> <b>B74 2YT</b></p>	<p><b>Tuesday 16th</b></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> <b>B72 1QL</b></p>

# 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  
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.

# 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.*

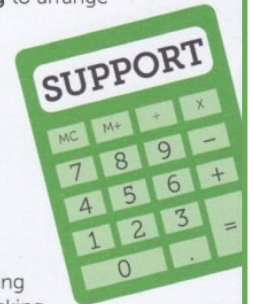
Call our Helpline for free on **0800 319 6789** (Monday to Friday, 8.30am to 5.30pm) quoting 'Free Guide 468'; or email [helpline@independentage.org](mailto:helpline@independentage.org) to arrange a benefits check.

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](http://independentage.org)**

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

14-MAR-2014

## 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](http://Police.uk/StreetSafe)**

StreetSafe is not a crime reporting tool.  
To report a crime visit: **[www.west-midlands.police.uk](http://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.

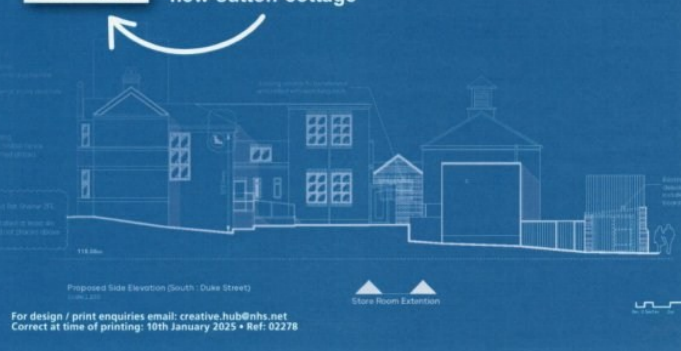
The NHS is innovating to deliver the care people need closer to home, easing the pressure on our acute hospitals.

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](mailto:info.bchc@nhs.net)  
Scan the QR code on the left for future updates, or visit: [bhamcommunity.nhs.uk/new-sutton-cottage](http://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](mailto:rose@britishelderlycare.com)  
Tel : 01213691699  
[www.britishelderlycare.com](http://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 caregivers, 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.**



# Afternoon Tea

## Saturday 20th September

### 2.30pm

Includes 1 Pot of Tea or an Americano Coffee per person  
Any other drink will be charged the difference

A Selection of Sandwiches served on  
Wholemeal & White Bread

Cheese & 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






# communitéa cafe

## What's On

### August 2025

#### Opening Times

Monday to Saturday 8:30am - 4pm



76/78 Boldmere Road, Boldmere, B73 5TJ  
Call us on 0121 650 2462 or email us  
[communitéa@ageconcernbirmingham.org.uk](mailto:communitéa@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 Communitéa 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 - 5th and 19th Only**  
Bringing together friends and families who have experienced the impact of stroke through our supportive group.

**Digital Awareness Session: 10am until 12pm - Weekly**  
Age UK's Digital Champions will be dropping in to help support with phones and devices!

**Friends For Life Veterans Group: 1pm until 3pm - weekly (19th VJ Celebration)**  
Our group aims to bring together all ex service personnel to make new friends.

### Wednesday

**Community Police drop-in: 11am until 12pm - 6th and 20th 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 - 7th and 21st 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 & Chat 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 - Next session 6th September**  
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!

**Afternoon Tea - Saturday 20th September Only**  
Enjoy our afternoon tea with friends or loved ones for just £12.50 per head. Booking essential - Turn over for details!



**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](http://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](http://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](https://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](http://www.squarepegactivities.org)

[info@squarepegactivities.org](mailto: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**



**SQUARE PEG  
Activities**

*Where square pegs fit in*

**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](mailto:info@squarepegactivities.org)**

**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  
7<sup>th</sup> 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](http://www.rowans-nursery.com)  
email [rowansnursery@live.co.uk](mailto: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](mailto:info@ageconcernbirmingham.org.uk)

**AGE**concern  
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 Beccy 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.*

## 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](mailto:st.columbahall@yahoo.com)



**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)

*Touching hearts, changing lives*



**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](mailto: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

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

10-12PM

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

FUNDED BY



### ***Another Eric embarrassing Moment"***

About 30 years ago after very many beach holidays in Portugal's Algarve, we decided sun worshipping was over. So we decided to explore northern Portugal on a fly drive holiday. It was an organised and a planned route for us with overnight stopovers. Consequently, there were also others on the same trip, and we made friends with them.

After our first overnight stay we made a plan that whichever couple got to the next hotel first would check out the local dining and leave a message in reception for us to meet up together.



*"We've been on one of those 'fly-drive' holidays. He kept flying off the handle and the kids drove me up the wall."*

On our return home we contacted the couple we met from Sowerby Bridge near Halifax. They invited us up for a weekend together. On our first night they had booked a table for us at their favourite Italian restaurant at the end of Sowerby Bridge High Street, preceded by a drink at the local pub mid-way down the high street.

I volunteered to drive. It was a foul night, raining heavily and I pulled down a side entry off the main road at the back of the high street, letting my passengers out and then proceeded to park the car and follow them a moment later.

Visibility being poor, I could not see which direction they took so, walked towards a well-lit door assuming it was the pub rear entrance. A smart green door (no songs please) and impressive steps presented themselves to me very well lit, so I pushed and entered. In the hallway were a few of those light stalks that stand out over pictures on the wall. I thought, "This is a smart pub, more like a posh hotel."

I pushed open the first door. What stood before me was a living room complete with a couple, he seated and she on the floor beside him watching the TV adjacent to the door I had entered. A stony silence descended, with dropped jaws all round as they glanced in my direction. I wanted the ground to swallow me up when I realised my huge error, having ambled into someone's living room off the street.

There was complete bewilderment on their part and sheer panic from me. I blurted out an apology saying that I thought it was the rear entrance to the pub. They could not stop laughing so I joined in with great relief and asked if I could get them a drink. To more laughter I scurried out, from whence I came. I did eventually find the pub to be asked, "What kept you?" To shocked disbelief and laughter from our friends, my wife riposted, "You are not safe to be left out on your own."

*Eric Jones July 2025*



**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.



<b>Tuesdays 2 - 3pm</b>	<b>Thursdays 2 - 3pm</b>
<b>St Columba's Church hall</b> <b>Banners Gate Road/</b> <b>Chester Road North</b> <b>Sutton Coldfield B73 6TX</b>	<b>All Saints' Church Centre</b> <b>Belwell Lane, Four Oaks,</b> <b>Sutton Coldfield B74 4TR</b>

**£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](mailto:helenwilliamsmusic@gmail.com)

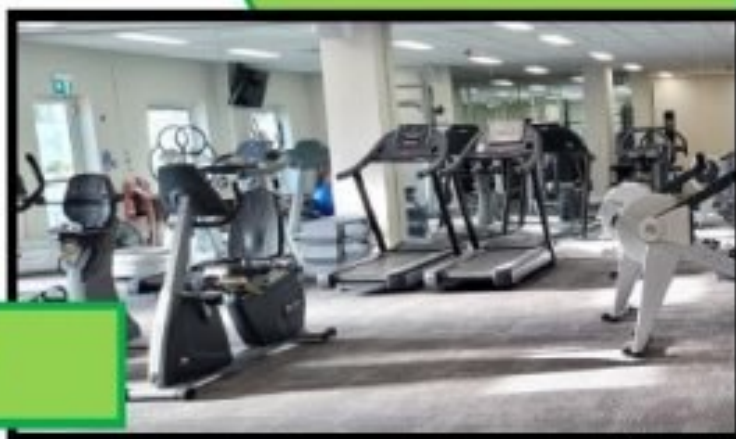
## New Oscott Village **SPECIAL SUMMER OFFER!**

*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](http://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**

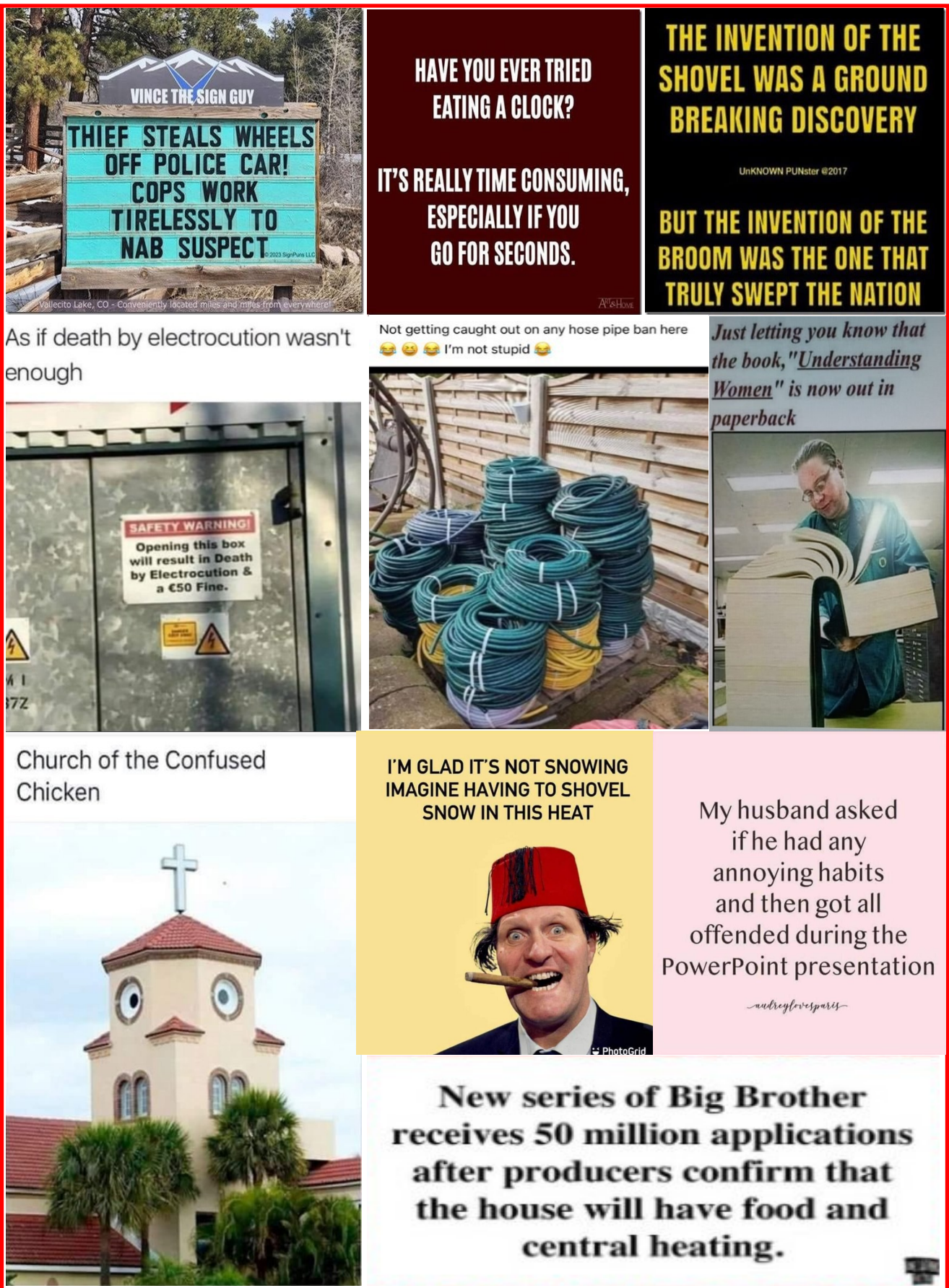
Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377)  
visit [www.reengage.org.uk](http://www.reengage.org.uk) for more information

# Ten Hilarious Jokes For Nerds

1. I'm reading a book on anti-gravity. I can't put it down.
2. The past, the present and the future all walk into a bar at the same time. It was tense...
3. A neutron walks into a bar and orders a drink. When the barman gives it to him, he asks, "How much?" The barman replies, "For you – no charge."
4. I have a new theory on inertia but it doesn't seem to be gaining momentum...
5. Argon walks into a bar. The bartender says, "We don't serve noble gasses here!" Argon doesn't react.
6. Two atoms are walking along. One of them says:  
"Oh no! I think I lost an electron."  
"Are you sure?"  
"Yes, I'm positive."
7. An infectious disease walks into a bar. The barman says, "We don't serve your type here". The disease replies, "Well you're not a very good host."
8. There are 10 kinds of people in this world. Those who understand binary and those who don't.
9. A photon checks into a hotel. The bellhop asks if they can help with the luggage. The photon replies, "I don't have any, I'm travelling light"...
10. What does a subatomic duck say? Quark.



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



Thank you, Hazel

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

#### Answers

1. Mr Tumble. 2. Forty. 3. Bern. 4. Dustman. 5. Melbourne. 6. Harvard. 7. Oxfordshire. 8. Dr Benjamin Spock. 9. Solid Carbon Dioxide. 10. Horses. 11. Spirit of St Louis. 12. Hercule Poirot. 13. A Drey. 14. Game of Thrones. 15. Using I's and O's. 16. Mary Quant. 17. Football. 18. HMS Pinafore. 19. Manchester. 20. Commander (Royal Navy).

Are you a good guesser?  
What are these objects. Answers on the bottom of page 37

**This Pyrex-branded  
glass object.**



1

**This brass  
cylinder with a  
wooden handle.**



2

**This wooden  
box with a large  
magnifying  
glass and  
mount of some  
kind.**



3

**Please Bring Donations to:**

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



**Urgent!  
Food Donations Needed!  
Now!**

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



**Love cooking? Enjoy hosting?**

**Want to meet new people?**

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



**Volunteer with FoodCycle!**

02077 292 775 | [foodcycle.org.uk/volunteer/](https://foodcycle.org.uk/volunteer/)

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



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

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

Scan me to find your nearest location and sign up!



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

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

[foodcycle.org.uk/volunteer/](https://foodcycle.org.uk/volunteer/)  
Registered Charity Number 1134423

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

**When**  
Monday

**Time**  
1:00 pm

**Contact**  
[falconlodge@foodcycle.org.uk](mailto: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. I think it's a 1970s-ish Uncandle - fill it with oil and float little plastic discs that hold wicks in it. But I can't easily find a site online that isn't someone trying to sell one for way too much. The base of a Pyrex Un-candle Captain's Lamp."

—[u/nutellatime](#)

2. "This is likely a powder measuring tool. It would have an outer brass sleeve that this would have slid into. You pull down on the wooden handle to get it to the right line, then fill it up. Pretty common in black powder rifles. Think old-timey muskets. Black powder is often measured in drams or grains, which are two units of measure that are not very common."

—[u/ked\\_man](#)

"It is an antique black powder measure. Not for shotguns, though, for muzzle-loading antique guns."

3. "This is an illuminated stand for a pocket watch. Sitting on a mantle or dresser, the pocket watch could be seen at a distance as a room clock."

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**[www.techgiantonline.co.uk](http://www.techgiantonline.co.uk)**



**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](http://www.suttoncoldfieldsocietyofartists.co.uk)

[www.suttoncoldfieldsocietyofartists.co.uk](http://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  
CLASS**

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!



NEW  
COURSE  
CONTACT US  
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**

**0330 122 6145**  
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](mailto:mail@suttonphoto.club)

Find us at  
[www.suttonphoto.club](http://www.suttonphoto.club)  
or scan the Flowcode here

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

## 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](mailto:admin@suttoncoldfieldseacadets.com)



[www.sea-cadets.org/suttoncoldfield](http://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](mailto: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](mailto:tyler@squarepegactivities.org)

 0121 824 0508  
07782 171 954

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

 [www.squarepegactivities.org](http://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



[View in browser](#)



# NDSU NEWSLETTER

## Working together in Birmingham's neighbourhoods



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

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

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

Our one year anniversary newsletter includes;

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

Kind regards

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



SUTTON COLDFIELD  
**NEIGHBOURHOOD  
NETWORK SCHEME**



GROWING OUR  
COMMUNITY TOGETHER  
SUTTON COLDFIELD NNS



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](mailto:volunteering@bswaid.org) to learn more about our volunteering roles. Whether you're donating, volunteering or shopping, your contribution makes a meaningful impact.



# EASY LIVING MOBILITY®



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Store Manager

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[www.easylivingmobility.co.uk](http://www.easylivingmobility.co.uk)  
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## LEAP - The Energy and Money Saving Service

**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](http://www.applyforleap.org.uk)

LEAP Service \*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



## LOVE TO PLAY ROLE PLAY SESSION ALL AGES WELCOME



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

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

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





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"**

*The most productive thing you can do is  
"RELAX"*

Switch off for a while - Feel good and reconnect

### Benefits include:

- Improved sleep
- Elevated energy levels
- Immune system boost
- Decreased tension
- Deep relaxation
- Improved circulation

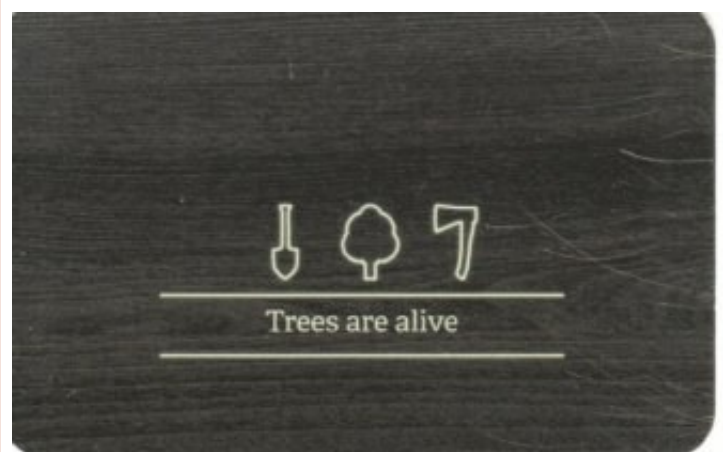


Be kind to yourself  
or someone you love

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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-a-history-of-the-mounted-police)



**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...

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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](http://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](mailto: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](http://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 26<sup>TH</sup> JULY 2.30- 4.30PM

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

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

For more information please call please call Karen on 01217 562 174 or email: [sutton.enquiries@cinnamoncc.com](mailto:sutton.enquiries@cinnamoncc.com) to reserve your space.

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://www.cinnamoncc.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@cinnamoncc.com](mailto:sutton.enquiries@cinnamoncc.com) to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://www.cinnamoncc.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](mailto: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](mailto:nns@ageconcernbirmingham.org.uk)** to receive updates on newly supported projects, asset news and training opportunities.

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

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

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

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



## What's On at Streetly Community Library 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](mailto: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!

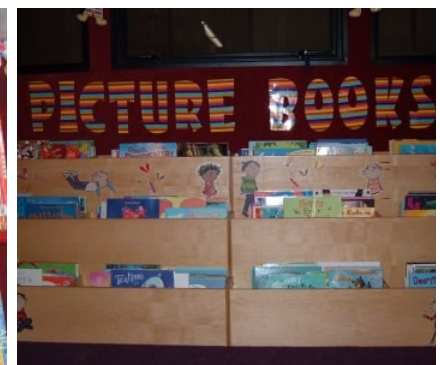
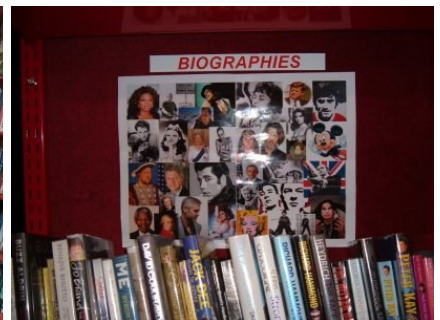
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171    Mobile: 07766 923344

Email: [mobile.library.service@birmingham.gov.uk](mailto:mobile.library.service@birmingham.gov.uk)

FaceBook: Mobile Library Service - Birmingham UK    Twitter: bhammobilelib

[www.birmingham.gov.uk/mobile-library](http://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](mailto: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](http://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](http://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](mailto:shareshacks@theaws.org) or visit: [www.theaws.co.uk/share-shacks](http://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 8GD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

[www.elimlifechurch.co.uk](http://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](http://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](http://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](http://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](http://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](http://www.theprojectbirmingham.org)
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more  
0344 477 1010 | [www.bcabs.org.uk](http://www.bcabs.org.uk)
- Disability Resource Centre - Advice and advocacy services for disabled people  
03030 402 040 | [www.disability.co.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://www.birminghammind.org)

#### Moneyhelper

Advice to help improve your finances  
0800 138 7777 | [www.moneyhelper.org.uk](http://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](http://www.stoploansharks.co.uk)

#### Turn2Us

Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://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.bswaid.org](http://www.bswaid.org)

#### Shelter

Housing advice 0808 800 4444 | [england.shelter.org.uk](http://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](http://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](http://www.rmcentre.org.uk)

#### Spitfire Services

Advice on money, benefits, housing and employment issues  
0121 747 5932 | [www.spitfireservices.org.uk](http://www.spitfireservices.org.uk)

### More Information Available

Even more information is available on the Birmingham City Council website [www.birmingham.gov.uk/helpinbrum](http://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](http://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](http://www.suttoncoldfieldbc.co.uk)

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

email: [playbridge@ebu.co.uk](mailto:playbridge@ebu.co.uk)

[www.ebu.co.uk/playbridge](http://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](mailto: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



## PREGO Cafe

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](mailto:advice@ourplacesupport.org)  
[www.ourplacesupport.org](http://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're 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	Substance Use	Mental Health	Play

If you need more information, or support filling out the form, contact your Community Connectors, Danielle & Louise [danielle.louise@ourplacesupport.org](mailto:danielle.louise@ourplacesupport.org)

 **OUR PLACE**   
children's charity Your Place for Support

*Let your inner beauty emerge*

# Heal & Transform

with Tina Mistry

Reiki Practitioner  
Transformational Mindset & Trauma-Informed Coach







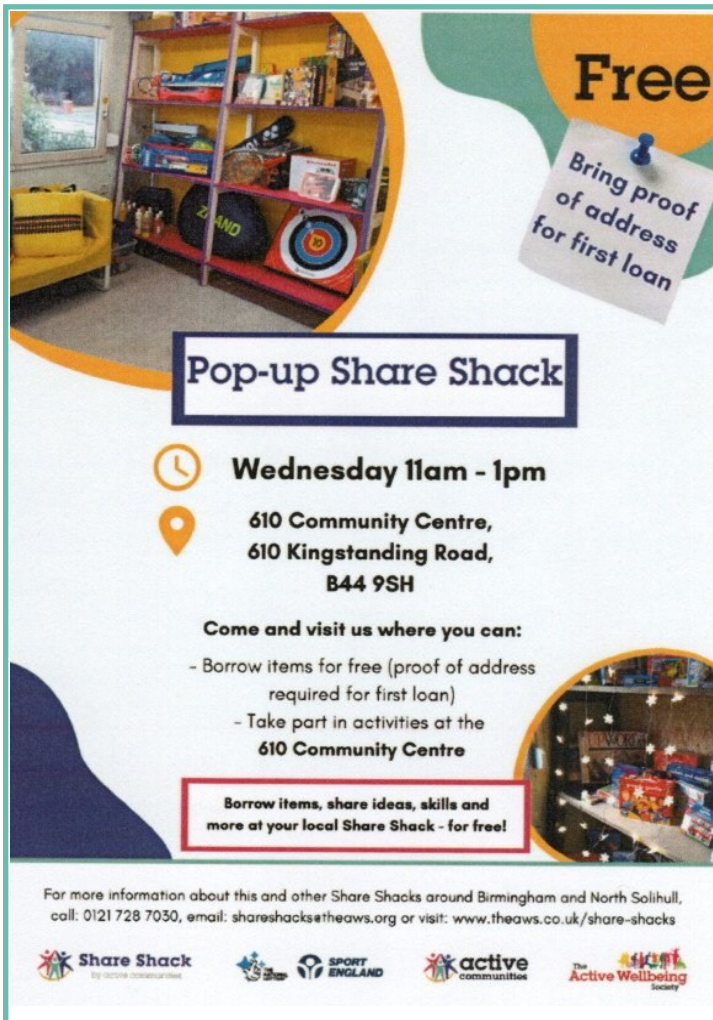


In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?  
Have you set aside some time to be still, to reflect on your life and its direction?  
Are you looking to make positive changes to your life but don't know how?  
Are you struggling to find 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](mailto:healandtransform@yahoo.com)  
Website: [www.healandtransform.co.uk](http://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](mailto:shareshacks@theaws.org) or visit: [www.theaws.co.uk/share-shacks](http://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](mailto:kidzlikedanny@blueyonder.co.uk) | 07544393523

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

## Six raptors to watch this August

Spot Kestrels, Buzzards and Sparrowhawks flying high this month.  
Discover six incredible birds of prey and how to tell them apart  
while on the wing.

[Meet this month's birds](#)

This week, we're turning our eyes to the skies with six of the UK's most iconic birds of prey. From the hovering Kestrel to the mighty White-tailed Eagle, our latest Birds of the Month guide has everything you need to spot, hear and identify these incredible hunters.

And while you are out and about, why not help our friends at Butterfly Conservation by taking part in the [Big Butterfly Count](#). It's a great way to help assess the health of our environment.

Happy nature 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?

## **Artificial intelligence scams are circulating**

Last year, we exposed a global financial scam called Quantum AI, which uses artificial intelligence technology to impersonate well-known people, aiming to lure victims into dodgy investment schemes. The scam has reappeared in recent weeks – we found 12 ads posted on Facebook and Instagram promoting Quantum AI. [Take a look at these dodgy ads and find out how to avoid this type of scam.](#)

## **Beware dodgy Dragons' Den ads**

We found 62 ads online claiming to sell Nixol (a weight-loss pill) which either included Dragons' Den logos, were posted from accounts called 'Dragon's Den' or used the image of the well-known Dragon, Deborah Meaden.

We examine two examples of these ads, explain what we found and [how you can avoid buying these dodgy products.](#)

## **Amazon account hacking scam**

We heard from someone who had their Amazon account hacked and a bill of £650 racked up by scammers. The victim only noticed when emails started appearing daily in their inbox, with details of the products being ordered without their knowledge.

Our scams expert, Faye Lipson, explains the warning signs to look out for and [how to secure your online accounts against hackers.](#)

## **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?

## Scam Alerts

### Safer online shopping after a cyberattack

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

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

### Watch out for scams in Google ads

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

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

### Trending tax refund scams

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

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

### Scam sharer tool

[cam sharer tool](#). Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

### Which? Scam Alert Team

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

# Which?

## **Holiday villas that don't exist**

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

We helped a family who experienced just this after paying for a scam listing on Booking.com. Find out what happened and [how to avoid falling for similar accommodation scams ahead of the holiday season.](#)

## **Latest scams doing the rounds**

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

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

## **A convincing copycat website**

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

This case highlights the danger of scam websites – [find out what to do if you come across a copycat site and the actions to take if you fall victim.](#)

## **[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](http://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](mailto: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!**

REPETOIRE 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

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

**WHERE?**  
BANNERS GATE  
COMMUNITY HALL  
SUTTON  
COLDFIELD  
B73 6UR

**PRICE  
£5  
PER  
CHILD**

**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 !**



"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](http://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

01675 470 105 / 077965 46172



**@PuterTutor**

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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 Disabilities 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](mailto: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



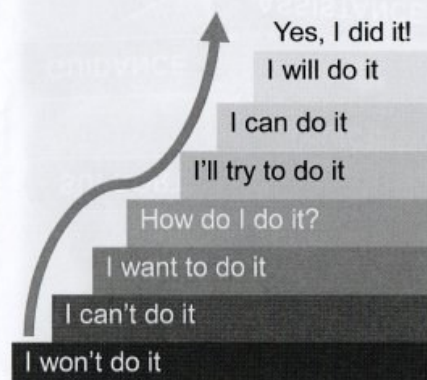
Laundry/Cleaning



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](mailto: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](mailto:nasar.mahmood@bsettlement.org.uk)



Scan to learn more  
about our services:



[www.birminghamsettlement.org.uk](http://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](http://www.birminghamsettlement.org.uk)

Registered Charity: 517303



## THE WALKING GROUP IS BACK!

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

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

To register please call 0121 378 6295  
or email [info@suttoncancersupport.org](mailto: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](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto: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](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto: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](#)



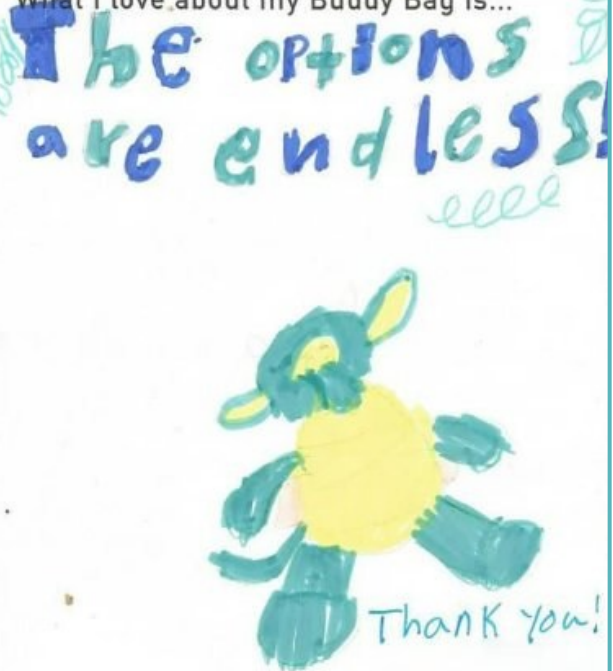
100% of money donated goes to the cause  
£25 supplies a child entering emergency accommodation with their own Buddy Bag.

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

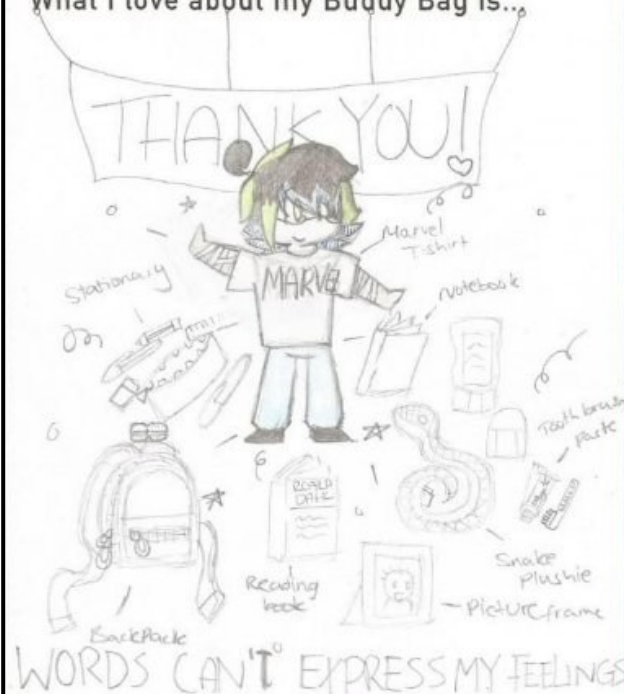
What I love about my Buddy Bag is...



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](http://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

FT ADVISER  
TOP 100  
FINANCIAL ADVISERS  
MEMBER 2021  
Quilter

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

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Please note that email passing through the servers of Four Oaks Financial Services Limited or Quilter Financial Planning Limited (or any of its subsidiaries), may at any point be monitored or intercepted as part of the company's internal security policy. Thank you for your co-operation.

## 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](mailto: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 -

[hope.bourton@englandnetball.co.uk](mailto:hope.bourton@englandnetball.co.uk) **07458 106980**




Sutton Coldfield

## Sutton Coldfield u3a

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



## 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](http://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](http://www.Trinity-photography-group.com)



[www.facebook.com/groups/TrinityPhotographicGroup/](https://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](mailto:mail@suttonphoto.club)

Find us at

[www.suttonphoto.club](http://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.

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0121 270 6180

[www.birminghamcomputershop.co.uk](http://www.birminghamcomputershop.co.uk)

We look forward to being of service to you

## Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

[www.suttoncoldfieldcreativestitchers.co.uk](http://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](mailto:sutton.piano.teacher@gmail.com)



## STREETLY FLOWER ARRANGERS' CLUB



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

This month's demo was called "summer fun" by Marie Bradley. We went from the beech to afternoon tea and then made strawberry jam. It was a very enjoyable afternoon. Plenty of fun.

Our next meeting **Tuesday 9th September** - 2.15 pm All Saints Church Hall, Foley Rd East, Streetly B74 3EX. with Parallel Design workshop - tutor Margaret Rumens.

Further details: Chris Reeves tel. 0121 354 6264



# **The Sutton Coldfield Fuchsia Society & Gardening Guild Annual Show**

**Saturday August 9th 2025**



Banners Gate Community Church, Westwood Rd,  
B73 6UH

**Doors open at 1.00p.m. till 3.00p.m.**

**Entry £1 children free**



**Plant sale, plant  
tombola,  
refreshments, and  
raffle.**

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](http://www.suttonfuchsia.co.uk)' or telephone our secretary Gail on 0121 353 3373 for more information.

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

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

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

Refreshments available.



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

## The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

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

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

*See photos on next page.*



Sutton Coldfield  
**Trinity Quilters**



**Interested in Quilting?**

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

Everyone will receive a warm, friendly welcome

**Join us for Quilting Inspired.....**

Talks, Demonstrations, Workshops  
by  
Professional Quilters & Textile Artists

**Annual Coach Trips**

Malvern Spring Quilt Show  
Summer Outing to Fabric Outlet

**Monthly Meetings (except Aug/Dec)**

2<sup>nd</sup> Tuesday 7.30pm (except Jan)  
4<sup>th</sup> 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](mailto: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 cafe

Sunnybank Road  
Allotments,  
Boldmere

Meet our  
Neighbourhood  
Networker

## CONTACT

Suzu Summerfield

07940 709 314

Email: [s.summerfield@ageconcernbirmingham.org.uk](mailto:s.summerfield@ageconcernbirmingham.org.uk)



[www.militarychef.co.uk](http://www.militarychef.co.uk)



Unit 10 Market village  
65 south parade  
Sutton Coldfield  
B72 1QU

Info@militarychef.co.uk  
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Angel beads ltd



Melanie Wright

07490133151

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[www.odonatastudios.co.uk](http://www.odonatastudios.co.uk)



18 Beeches Drive, Birmingham B24 0DU  
[redogihandmade@gmail.com](mailto:redogihandmade@gmail.com)  
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](http://www.bswaid.org)

**Shelter**  
Housing advice  
0808 800 4444 | [england.shelter.org.uk](http://england.shelter.org.uk)

**MoneyHelper**  
Advice to help improve your finances  
0800 138 7777  
07701 342 744 (WhatsApp)  
[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

**Step Change**  
Debt charity offering debt advice and money management  
0800 138 1111 | [www.stepchange.org](http://www.stepchange.org)

**Turn2Us**  
Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)  
[benefits-calculator-2.turn2us.org.uk](http://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](mailto:listenandconnect@theaws.org)  
[www.theaws.co.uk/listen-connect](http://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](http://www.healthystart.nhs.uk)

## For Migrants, Asylum Seekers and Refugees

**Central England Law Centre**  
Accredited immigration and asylum advice. Legal advice to access services and financial support  
0121 227 6540  
[enquiries@centralenglandlc.org.uk](mailto:enquiries@centralenglandlc.org.uk)  
[www.centralenglandlc.org.uk](http://www.centralenglandlc.org.uk)

**ASIRT**  
Advice on immigration and support options for people facing destitution because of the precarity of their immigration status  
0121 213 5893 | [www.asirt.org.uk](http://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](mailto:ASCorrespondence@migranthelpuk.org)  
[www.migranthelpuk.org](http://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 | [infobham@rmcentre.org.uk](mailto:infobham@rmcentre.org.uk)  
[www.rmcentre.org.uk](http://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](http://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](http://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](http://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](mailto:enquiries@bcabs.cabnet.org.uk)  
[www.bcabs.org.uk](http://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](http://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](mailto:money.advice@bsettlement.org.uk)  
[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)

Help with options: 1 2 3 4 5 6

### SPLITFIRE SERVICES

Advice on money, benefit, housing and employment issues  
0121 747 5932 | [info@castlevale.org.uk](mailto:info@castlevale.org.uk)  
[www.splitfireservices.org.uk](http://www.splitfireservices.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@centralenglandlc.org.uk](mailto:enquiries@centralenglandlc.org.uk)  
[www.centralenglandlc.org.uk](http://www.centralenglandlc.org.uk)

Help with options: 6

### DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people  
03030 402 040 | [drc@disability.co.uk](mailto:drc@disability.co.uk)  
[www.disability.co.uk](http://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](http://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](http://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 | [support@stoploansharks.co.uk](http://support@stoploansharks.co.uk)  
[reportaloanshark@stoploansharks.co.uk](mailto:reportaloanshark@stoploansharks.co.uk)


**Local Energy Advice Partnership (LEAP)**  
Energy and money saving service  
0800 060 7567 | [support@applyforleap.org.uk](mailto:support@applyforleap.org.uk)  
[www.applyforleap.org.uk](http://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](mailto:info@ageukbirmingham.org.uk)  
[www.ageuk.org.uk/birmingham](http://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](mailto:help@birminghammind.org)  
[www.birminghammind.org](http://www.birminghammind.org)

# NOSTALGIC

Join us for a musical walk down memory lane  
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](mailto:info@hopefood.org.uk)

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

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

[tipScheme=TipJar2.1&reference=givingcheckout\\_tj21](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.

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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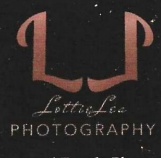
From Banners Gate Road  
@lisamarieflowersandtherapy




Contact  
Lisa Marie on  
07765 135497

Lottie Lea Photography



Lottie Lea PHOTOGRAPHY  
Newborn and Family Photographer



Www.LottieLea.Com  
Facebook:  
[www.facebook.com/LottieLea](https://www.facebook.com/LottieLea)  
Instagram:  
@LottieLea.BabyPhotographer

XXXXXXXXXX  
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Contact number above if interested.

Banners Gate C.C Westwood Rd B73

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But you could try the [NO ROGUE TRADERS HERE](#) scheme run by many councils, including Birmingham.

[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.

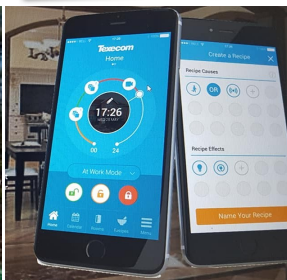


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Phone no. 0121 386 2639

Email: [info@cw-sec.co.uk](mailto:info@cw-sec.co.uk) Website: [www.cw-sec.co.uk](http://www.cw-sec.co.uk)

# Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

Instagram: [onlyrosiescakes](https://www.instagram.com/onlyrosiescakes)

Email: [rosie\\_p25@hotmail.co.uk](mailto:rosie_p25@hotmail.co.uk)



## Norbury Maintenance

Handyman Services, Gardening,  
Patio/Driveway Cleaning  
Insured - Affordable - Reliable

T: Dave Edwards 07305931199

E: [norburymaintenance@gmail.com](mailto:norburymaintenance@gmail.com)

**Home  
Instead.**  
*To us, it's personal*

## 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](mailto:sue.bevington@suttoncoldfield.homeinstead.co.uk)

Home Instead  
2nd Floor,  
Plantsbrook House  
94 The Parade,  
Sutton Coldfield  
B72 1PH  
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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](http://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.  
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Birmingham  
City Council

**HEALTHY  
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## 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](http://www.birminghamsettlement.org.uk)  
Charity no: 517303



**610 Community Centre**  
Kingstanding Road  
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Cafe Oasis is supported by the Volunteers and Staff at Sutton Coldfield United Reformed Church. Registered charity No. 1131424



## Cafe Oasis

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**10.00am - 2:30pm**

Drinks, snacks and sandwiches.  
Hot meals from 12:00 - 2:00pm.

Takeaway and home delivery meal deals  
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Find us in Sutton Coldfield United Reformed Church  
**Call: 07713 970096 Email: [cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk)**  
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*Groups (5 to 10 people)		
1 hour session £40	1.5 hour session £45 (£30 per hour)	2 hour session £55 (£27.5 per hour)

\*5% discount for advance payment of five or more sessions  
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## Pregnancy YogaLates Class



## 5K YOUR WAY MOVE AGAINST CANCER

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

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

**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](http://www.5kyourway.org/register)  
 And register with parkrun to get your barcode




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See front page

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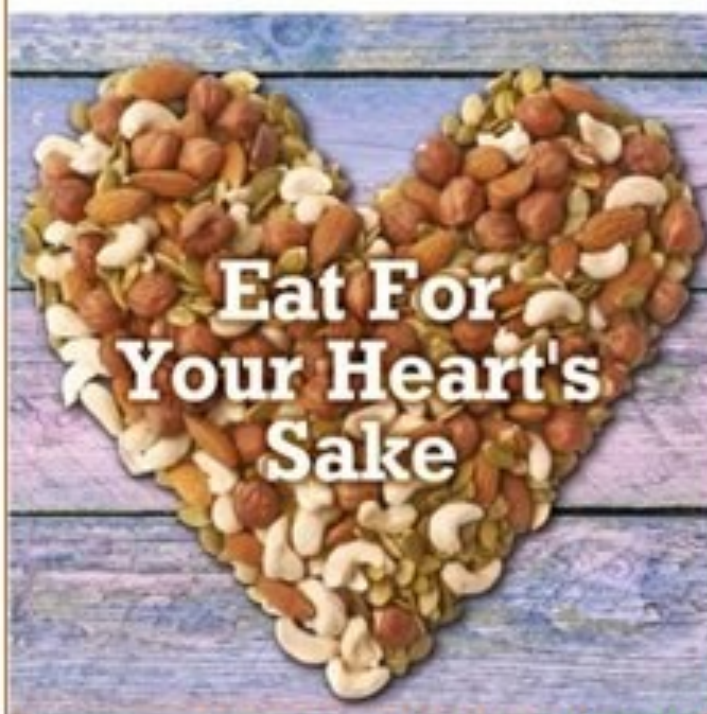
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Contact Details: 07565652762  
[loveworldsuttoncoldfield@gmail.com](mailto:loveworldsuttoncoldfield@gmail.com)

Every Sunday 9am - 11am	Every Wednesday 6pm - 7pm	Communion service with Pastor Chris Every 1st Sunday of the month.
----------------------------	------------------------------	---

## 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 19th August 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](mailto: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](http://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)**

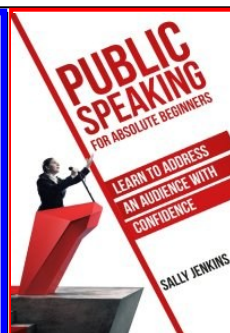
**The kitchen is approx. 11' x 7' (3.4m x 2.2m)**

**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](http://www.bannersgatecommunityassociation.org)



**Public Speaking for Absolute Beginners**  
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## HATHA YOGA



**Banners Gate**

**Community Hall,**

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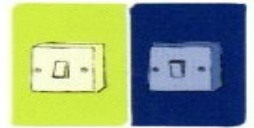
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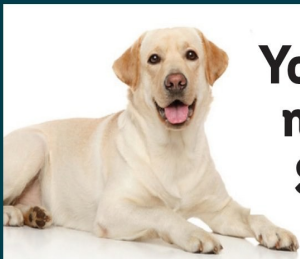
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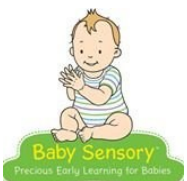
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[Lee.nugent1@virginmedia.com](mailto:Lee.nugent1@virginmedia.com)



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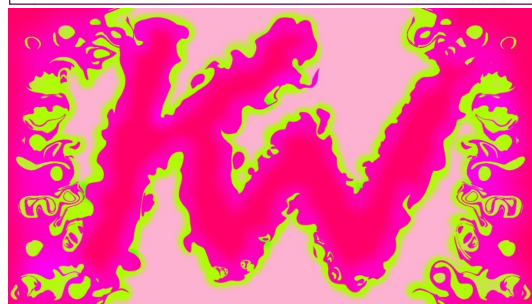
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[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)

## **Banners Gate Community Church - Events**

**Monday, Thursday, Friday** - Baby Phonics

Contact email: [Jenna@robotreg.co.uk](mailto:Jenna@robotreg.co.uk) for times and availability

**Tuesday and Wednesday** - Baby Sensory

Contact Tracy at email: [suttoncoldfield@babysensory.co.uk](mailto: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 19th August - 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  
**19th August**  
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](mailto: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

#### NO MEETING IN AUGUST

Thurs. 18th Sept. - Quiz

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](http://www.bannersgatechurch.com).

### St Columba's Church

#### Coffee Morning

**Every Friday of  
the month**

**10.00 - Noon**

**All Welcome**

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

#### 33<sup>rd</sup> 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](mailto: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