

The Gatepost Supplement August 2025



**Banners Gate & Parklands
Community & Neighbourhood Forum**

196th August 2025

bannersgateneighbourhoodforum.com

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

BANNERS GATE COMMUNITY ASSOCIATION

Together with

GUIDE DOGS FOR THE BLIND

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

PRICES OF GARMENTS ARE REASONABLE.

SATURDAY 22ND NOVEMBER 1-30 AT

THE COMMUNITY HALL. REAY NADIN DRIVE.

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

ALL PROCEEDS GO TO GUIDE DOGS.

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

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

PHOTO COMPETITION

SOUL OF SUTTON - CALL FOR ENTRIES



THEMES

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

Deadline:
Midday 10 September 2025

FIND OUT MORE:



[SUBMIT YOUR PHOTO](#)

ENQUIRIES@SUTTONCOLDFIELDTOWNCOUNCIL.GOV.UK



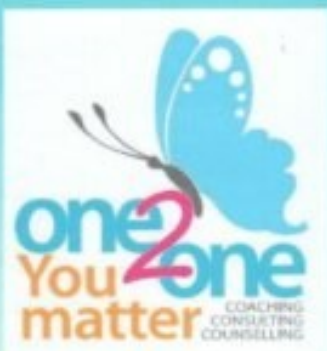


LET'S GET MOTIVATED TO MANAGE OUR DIABETES

We're delighted to offer access to our free monthly sessions from Sept. 2024
**JOIN US EVERY 2ND TUESDAY OF THE MONTH
(2:30-3:30PM) IN THE MEETING ROOM,
WYNDLEY LEISURE CENTRE, CLIFTON ROAD,
SUTTON COLDFIELD, B73 6EN**

hello@cuppasquad.org Tel.0300 4 66 66 66 www.cuppasquad.org





Services We offer:

- 1:1 Counselling
- 1:1 Consultancy
- Parent support
- Group support for children and parents
- School & Community support

Regular mental health courses are available; the first ten people to reserve a spot are free of charge.

If you need support, counselling, guidance or clarity to move through your difficulties and if you want to feel more confident and empowered then get in touch now.



OUR 6 WEEK COURSE COVERS:

- Understanding anxiety and the impact on your mind.
- Understanding anxiety and how it impacts your body.
- Identifying the importance of self-care and looking after your physical body.
- Identifying the importance of positive social connections.
- Identifying your goals.
- Building your resilience plan.

GET IN CONTACT:

Sarah O' Sullivan, Nurse & Therapist

Call Sarah on 07407 473 735 for more details.

Or email: hello@one2oneyoumatter.com



Are you ready to earn **£30k+** a year delivering outstanding care?

If you want a new challenge, or you have previous care experience – *join us today!*



Premium rates of pay with mileage and travel time.



Fast track recruitment process and paid training.



Flexible hours to suit your lifestyle.



Holiday pay and pension.

+ Much more!

Call us on **0121 308 2906** or apply online at **nexuscareservices.co.uk**

Take your care career to the next level with Nexus!



rdac



freedom to move

Travelling is more than just getting from A to B. It's peace of mind when looking after a loved one, getting away as a family, enabling you to get to the job you've worked so hard to achieve, getting your children to school in the morning. It's allowing you to be independent and free. Whatever it is for you, we're here to help you gain the freedom to move, as a driver or a passenger.

We are a charity supporting people with medical conditions or disabilities, helping them regain or maintain their independence. We offer practical advice on equipment, adaptations, retraining and exploring alternative transport options, enabling you to travel safely and comfortably.

See next page

driving assessments

Our driving assessments are designed to review a person's ability to keep them, their passengers and other road users safe. Whether this is following an illness, change in medical condition, accident, or general changes as we get older.

Types of driving assessments:

- Car
- HGV, LGV, PSV
- Motorbike



Scan for more information

passenger assessments

Sometimes passengers may have difficulty getting in and out of a vehicle or would like options stowing mobility equipment. Our passenger assessments are tailored to an individual's needs to help them get from A to B.

Types of passenger assessments:

- Vehicle access
- Try b4u Fly
- Equipment loading



Scan for more information

powered wheelchair and mobility scooters

Our PWMS service is for clients who would benefit from a powered outdoor wheelchair or mobility scooter. A Powered wheelchair or Mobility scooter can make a huge difference to someone's independence and freedom.

How we can support you:

- Advice on equipment
- Stowage and transport advice
- Safety assessment



Scan for more information

paediatric assessments

Giving children the excitement of being mobile whilst providing parents or carers peace of mind, knowing their children are safe, secure and comfortable when traveling.

Types of paediatric assessments:

- Car seat assessment
- Bugzi assessment



Scan for more information

driving school

We are experts in delivering specialist driving tuition to people who require additional support. Our instructors have a wealth of knowledge in adaptations and medical conditions.

Needs we support:

- Physical disability
- Older driver improvement
- Special educational needs
- Remedial tuition



Scan for more information

rdac

Head Office Patrick Farm Barns, Meriden Road, Solihull, B92 0LT

T 0300 300 2240 E info@rdac.co.uk W rdac.co.uk

Registered Charity No. 1122214

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



2025

Christmas at Holy Trinity

FREE ADMISSION

Carols by Candlelight

Sun 21st December at 6.30pm

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

Other Advent and Christmas Services

ALL FREE ADMISSION

A Merry Messy Christmas

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

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



Toy Service Sun 14th December at 10am

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

Crib Service Wed 24th December at 3.30pm

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

Midnight Eucharist Wed 24th December at 11.30pm

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

Christmas Day Eucharist Thurs 25th December at 10am

We make Christmas as we celebrate the joyful arrival of Jesus on Christmas Day!

Christingle Sun 1st February 2026 at 10am

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

Become a Friend of Holy Trinity



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

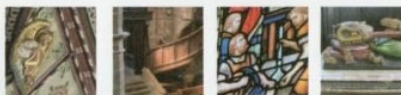
Each year, the Friends aim to raise at least £10,000. Since foundation, Friends has contributed to:

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

A number of membership subscriptions are available

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

Please visit htsc.org.uk



CONTACT US

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

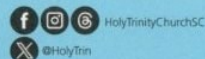
Tel: 0121 321 1144

Email: friends@htsc.org.uk

htsc.org.uk

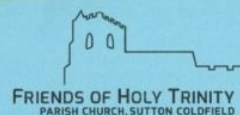
Patron:
Rt Hon Sir Andrew Mitchell MP KCMG.

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



HOLY TRINITY PARISH CHURCH
ROYAL SUTTON COLDFIELD

CONCERTS AND EVENTS 2025-2026



htsc.org.uk

Welcome

Established in 2013, Friends of Holy Trinity aims to deliver an inspiring programme of events to ensure that Holy Trinity remains at the very heart of Royal Sutton Coldfield and also one which helps to promote the heritage of and preserve and enhance our 750 year old parish church. Over £100,000 has been raised so far. All events will be held in Holy Trinity Parish Church.

EARLY BIRD

SPECIAL OFFER

Purchase on or before the 20th September 2025 and enjoy all 5 ticketed events for the price of 4.

Sounds Historical present 'More than a Woman' Steve 'Big Man' Clayton - The Boogie Man | Sensation ABBA Royal Sutton Coldfield Orchestra | The Birmingham Savoyards present 'An Evening with Gilbert and Sullivan'

ADULT £80 UNDER 18 £20 FAMILY £180

TICKETS FOR ALL CONCERTS:

ADULT £20

UNDER 18 £5

FAMILY £45

Family tickets include up to 2 adults and 3 under 18s.

To book visit htsc.org.uk or call 0121 321 1144

SEPTEMBER 2025

Sounds Historical present 'More than a Woman'

Saturday 20th September 2025 at 7.30pm

Sounds Historical introduces us to some remarkable early modern women who left a tangible musical legacy in many ways - including as successful performers, composers, patrons of writers, instrument makers, muses, poets, printers and publishers.

The personalities range from the magnificent Isabella d'Este, who turned her Mantua court into a glittering cultural centre which remains a tourist magnet still, to the hapless Anne Boleyn - the 'other woman' who precipitated Henry VIII's first divorce, caused England to break with the Roman church, and who was beheaded for treason after only 3 years of marriage.

Generously supported by SCCT Sutton Coldfield Charitable Trust and the Continuo Foundation, this concert forms part of Birmingham Heritage Week in Royal Sutton Coldfield.



OCTOBER 2025

Steve 'Big Man' Clayton - The Boogie Man From Birmingham!

Saturday 18th October 2025 at 7.30pm

The King of Barrelhouse returns to his hometown to give a performance of down-home Blues and Boogie Woogie piano. With Howard Smith on Drums and John Potter on Bass.

A superb songwriter, the 'Big Man' will be playing and singing a mixture of his own compositions as well as songs from artists who have been a big influence on him: Ray Charles, Jerry Lee Lewis and Fats Domino to name a few.

This award-winning piano man has lived the past 26 years in Germany but always looks forward to performing 'back home' where he can meet up with his fans, old and new.

So come along because it's Boogie Woogie Time!



MARCH 2026

Sensation ABBA

Saturday 14th March 2026 at 7.30pm

With Sensation ABBA Tribute Band, you'll immerse yourself in the authentic ABBA experience!

Sensation will transport you back to the golden days of ABBA, with stunning harmonies, costumes, choreography, and a sprinkling of light-hearted humour.

This unique combination has turned them into one of the most sought-after ABBA Tribute Bands in the world. In fact - they even speak a little Swedish on stage, to add to the whole experience!



MAY 2026

Royal Sutton Coldfield Orchestra

Saturday 16th May 2026 at 7.30pm

Enjoy an entertaining summer evening of glorious classical music with the musicians of the Royal Sutton Coldfield Orchestra. Currently celebrating its 50th anniversary season, the Orchestra is made up of around 50 fine amateur players from the local area who perform a wide-range of music, from symphonies and concertos, to popular classics and family favourites. The vivacious conductor Sabrina Ko will direct, with Jeremy Blunt leading, in a concert that will showcase the whole orchestra.

JUNE 2026

The Birmingham Savoyards present 'An Evening with Gilbert and Sullivan'

Saturday 27th June 2026 at 7.30pm

'An Evening of Gilbert and Sullivan' will take the audience through a selection of music from a wide range of the duo's comic operas.

The Birmingham Savoyards have been entertaining Birmingham audiences since 1963 and are now one of the very few remaining Gilbert and Sullivan specialists in the Midlands.

They perform their main annual production each March at The Old Rep theatre in Station Street, Birmingham and for the last two years have been guest performers at the Henley Arts Festival.



BOOK TICKETS

Visit htsc.org.uk or call 0121 321 1144



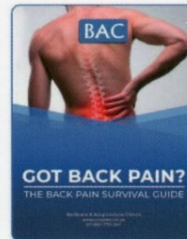
Get Better Quicker



**Backcare &
Acupuncture
Clinic**

BAC

Download our free guides and find relief from pain.



The Back Pain Survival Guide

Do you suffer from back pain? Our survival guide is the ultimate go-to resource to beat back pain once and for all.

<https://bit.ly/3fppUha>



SCAN ME



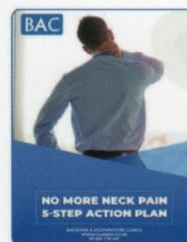
The Ultimate Posture Checklist

Good posture is one of the foundations of a healthy, pain-free body. Our ultimate checklist gives you the tools you need to thrive.

<https://bit.ly/3rc6M8W>



SCAN ME



No More Neck Pain Action Plan

If you're frustrated by nagging neck pain and ready to take back your life, then you're ready for our no more nonsense action plan.

<https://bit.ly/3rbwQks>



SCAN ME



Beat Back Pain Checklist

Learn the key factors that contribute towards triumph over back pain with this handy, actionable checklist.

<https://bit.ly/3SEn4mp>



SCAN ME

Backcare & Acupuncture Clinics

0121 354 4629 | info@cluser.co.uk

100% Free Food
100% convenient
100% delicious!

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

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



order your first box today at
slimmingworldkitchen.co.uk

Slimming[®]
WORLD
touching hearts, changing lives

Need help with your daily housework chores?

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

Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696

Feel good fitness - free event at Mercia Grange



[BOOK NOW](#)

Continued on next page...

Last Thursday of every month, 2pm - 3pm

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

Event: Feel good fitness

Date: Last Thursday of every month

Time: 2pm- 3pm

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

[REGISTER YOUR INTEREST](#)

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

Best wishes,

Rachel Mackay
Customer Relations Manager



[Choosing care](#) | [Life at a Care UK care home](#) | [Helpful guides & advice](#) | [View our care home](#)

[Privacy](#) | [Unsubscribe](#)



Sutton Coldfield Sea Cadets & Royal Marines Cadets

Volunteers needed!

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

Sea Cadet
Adult
Volunteer,
aged 30



Gain new skills and
qualifications.



Develop leadership and
teamwork abilities.



Make a positive impact
on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield



HOMECARING ANGELS



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

**Walsall | Wolverhampton | Sutton Coldfield | Great Barr |
Birmingham**

Our Services:

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



Why Choose Us?

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

Contact Us Today!

Office: 01922 351351

Mobile: 07429081222

Email: homecaringangels@outlook.com

Website: www.homecaringangels.co.uk



Please Bring
Donations
to:

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



Urgent!
Food
Donations
Needed!
Now!

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



Love cooking? Enjoy hosting?

Want to meet new people?

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



Volunteer with FoodCycle!

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

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




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

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

Scan me to find your nearest location and sign up!



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

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

foodcycle.org.uk/volunteer/
Registered Charity Number 1134423

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

When
Monday

Time
1:00 pm

Contact
falconlodge@foodcycle.org.uk

Family Friendly
Yes

Accessibility - Disabled Toilet
Yes

Accessibility - Disabled Parking
Yes

Accessibility - Flat
Yes

SUTTON COLDFIELD



TUNELESS CHOIR

singing like no one is listening



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



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

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

Free Taster Session



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



Contact:

Lisa Martin on 07969 436059

E: suttoncoldfield@tunelesschoir.com

W: www.tunelesschoir.com

SUTTON COLDFIELD TUNELESS CHOIR



singing like no one is listening

What our members say



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

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



"Great place to meet/make friends"

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

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

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

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



SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

Mondays:

Gaming Club 4-6pm

(Monthly, dates advertised online)



Tuesdays:

Home Ed Group 12-2pm

Lego Club 4-6pm



Thursdays:

Pre-School Lil Club 9.30-11am

Disabled Adult Social Session 1-3pm



Fridays:

Story time Home Ed Group 1-3pm

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



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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



**SQUARE PEG
Activities**
WHERE CHANGE BEGINS
Registered Charity Number 1185040

www.squarepegactivities.org

info@squarepegactivities.org

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

Would you like your
free advertisement
here



What people say...

“

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

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

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

”

Get in touch

If you...

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

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

Please contact:

Read Easy Birmingham North,
Tamworth & Lichfield

Referral Networker

T: 07590 829795

E: bntlnetworker@readeasy.org.uk

Visit us online:

readeasy.org.uk

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



Read Easy

Helping adults learn to read



Do you know someone who struggles to read?

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

It's friendly, flexible and fun!



What we do

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

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

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

Getting started is easy!

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

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

Who can learn?

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

Who can volunteer to help?

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

What books will we use?

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

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

* Published by Shannon Trust



Where do we meet?

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

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

How long will it take?

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

Certificates are presented at intervals to recognise progress.

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



Foot Health Care Clinic - Streetly

07379 119 365

Marie Bourgeois RFHP MCFH

Inside Francesco Hair Salon, 4 Burnett Road, B74 3EJ

Foot health routine maintenance

Diabetics welcome

Nail trimming

Thick nails

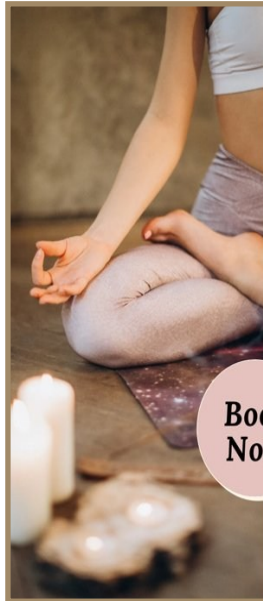
Corns, Callus and Hard skin removal

Verrucae, Fungal and Ingrown nails

- Qualified - Registered - Insured - DBS Checked

Registered Foot Health Practitioner - footreg.org

Find a practitioner - <https://cofh.org.uk/find-a-practitioner/>



YOGA CLASS

One hour of stretching and relaxation for your body & mind

Banners Gate Community Centre

saturday 10.15 - 11.15

Book Now

Email

classeswithgem@outlook.com

PILATES CLASS

By Boutique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

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

£7 per session

Contact Madge Reynolds for further details



07305330324



boutiquefitness66@gmail.com



Your free advert could be here

Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 6

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

Other Support

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

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

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

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

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

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

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

For Migrants, Asylum Seekers and Refugees

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

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

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

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

About this leaflet

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

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



4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

Confidential advice

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

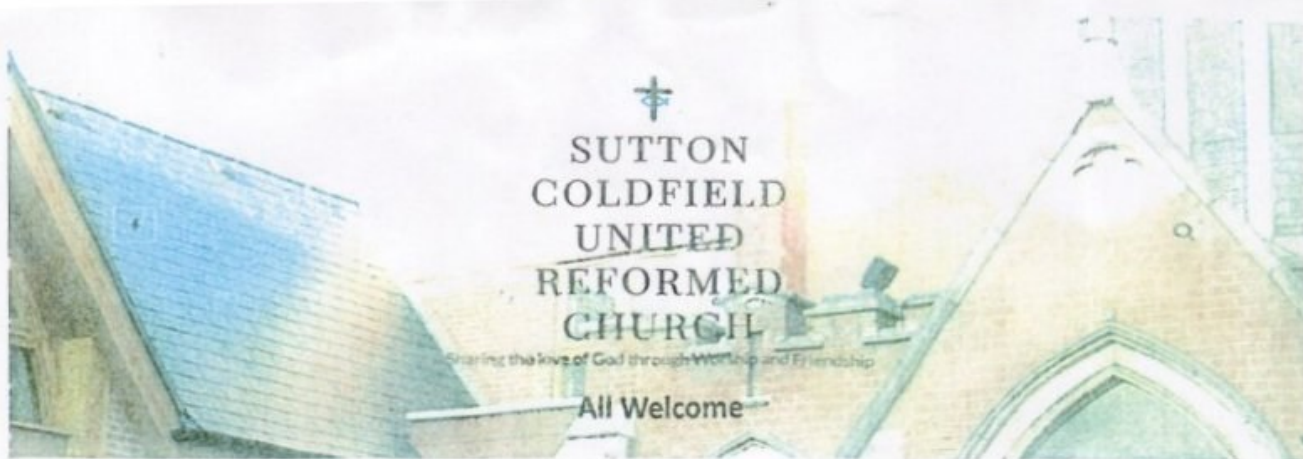
Other Support

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

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

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

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



GROWING OUR COMMUNITY TOGETHER



CAFÉ OASIS

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



So many Activities and Services for you!

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

FOOD4U FOODBANK

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

Telephone or email us at:

0121 355 1217

cafe.oasis@scurc.org.uk

Find out more by visiting us:

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

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

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

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

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

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

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

Grace Cares is a not-for-profit organisation

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

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

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



Sutton Coldfield Family Hub at Holland House Children's Centre

Holland House Children's Centre

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

Limited parking is
Pay and Display

Emmanuel Church

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

Car park available

Falcon Lodge Methodist Church

Newdigate Road, B75 7ER

Street parking only



Sutton Coldfield Family Hub at Holland House Children's Centre

18/08/2025 — 22/08/2025

Tuesday

Music and
Movement

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

Holland House CC



Wednesday

Play and Learn

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

Emmanuel Church



Thank you
for spending
the summer
with us!



ANGUS STEAKHOUSE –

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

ASDA –

Kids eat for £1 daily, with no adult spend

ASK ITALIAN –

Kids under 10 eat for £1 during school holidays

BEEFEATER –

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA –

Children eat for £1 with any adult main

BILLS –

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

BREWERS FAYRE –

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG –

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

BURGER KING –

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

CHIQUITO –

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES –

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S –

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

GORDON RAMSEY RESTAURANTS –

Kids under 10 eat FREE all day, every day

HARVESTER –

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

HUNGRY HORSE –

Kids eat for £1 on Mondays

LAS IGUANAS –

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

IKEA –

Kids get a meal for 95p daily from 11 am

MARCO PIERRE WHITE –

Kids under 12 Eat FREE daily with an adult spend

MORRISONS –

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

PAUSA CAFE @ DUNELM –

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE –

2 kids eat for FREE with 1 adult breakfast

PRETO –

Kids up to age 10 eat free with 1 paying adult

PUREZZA –

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS –

Kids eat for £1 on Wednesdays

SIZZLING PUBS –

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

TABLE TABLE –

2 Kids Eat free breakfast daily with 1 paying adult

TESCO –

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

TGI FRIDAYS –

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK –

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY –

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

WHITBREAD INNS –

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI –

Kids eat free all day (weekdays) in school holidays

ZIZZI –

Kids eat free this summer holidays (ex Saturdays)





in association with
Spurgeons
together with families

Where can you find us?



Sutton Coldfield Family Hub at Holland House Children Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

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

Holland House Day Nursery

Holland Road, B72 1RE

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

Emmanuel Church

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

Mere Green Library

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

Stepping Stones

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

Footsteps

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

Preparing for Parenthood

Free antenatal session for
expectant families

Little Talkers

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

KID's Family Group

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

Other activities and services available at our centres



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



Sutton Coldfield Children's Centres



amy.mimicnope@birmingham.gov.uk

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

Then join us on Wednesdays, 5.45pm, at

EMMANUEL CHURCH
Little Green Lane, Wylde Green
Sutton Coldfield

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



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

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

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

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

theWI
INSPIRING WOMEN



thewi



womensinstitute



womensinstitute



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

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

Come and Find Out More

First Wednesday of Every Month

7 -9pm

Newman Community Centre

13A Boldmere Road

Sutton Coldfield

B73 5UY

For More Information Email;

cathmarsh73@icloud.com

CARER'S ASSESSMENT & WELLBEING PAYMENT

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

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

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

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

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

0333 006 9711

info@birminghamcarershub.org.uk

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



Caring For Carers

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

caringforcarers.org.uk



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

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

forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



CARING FOR A FAMILY MEMBER OR FRIEND?

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



0333 006 9711

birminghamcarershub.org.uk

Carers Hub :

"Caring for a family member or friend?"

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

What do we do?

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

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

Continued on next page...

...continued from last page

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

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

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

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

Additionally the website has:

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

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

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

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



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

0333 006 9711

dementiacarers@birminghamcarershub.org.uk

birminghamcarershub.org.uk

Herbert Protocol Form

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



Dates & Times

Your Nearest Support Group is:

The next Carer Awareness Session is:

The next Dementia Carer Drop-in is:

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

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

Visit our website birminghamcarershub.org.uk



SUPPORT FOR DEMENTIA CARERS IN BIRMINGHAM

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



AGE concern Birmingham

Birmingham ageUK

DEMENTIA CARERS COUNT

Dementia Carers Hub:

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

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

You will benefit from:

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

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

Friends First

Safe local spaces to make new friends

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

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



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

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

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



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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

Befriending Service

Safe local spaces to make new friends

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

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



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

New friendship group:

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

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

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

AGEconcern
Birmingham

Birmingham
City Council

SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME

Friends First

Safe local spaces to make new friends

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

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



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

New friendship group for over 50s:

Hargreave Community Lounge, Hargreave Close
Walmley. B76 1GR

Every Wednesday 11am to 12:30pm

Tea and coffee provided

Call Julia on 07985270599 for information

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

AGEconcern
Birmingham

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ageUK

Birmingham
City Council



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

Alan Ledger

MEET THE PHOTOGRAPHER

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

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

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

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

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

ALAN'S BIOGRAPHY

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

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

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

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

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

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



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

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

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

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

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

Hi all,

A seasonal taste for you this week which I'm sure has been sent before though in colour but a number of you late comers have never received it. We had trudged through the falling snow from Honebach the border station with East Germany over the top of the mile long Honebach tunnel to the location here and got quite a few photographs of trains leaving the tunnel and climbing from Bebra. This is the first East German rebuilt 01 class Pacific 01-0501 rebuilt from the original Riechbahn 01-174 at Menningen Works to an oil burning loco and at this time was allocated to Erfurt in the east. We are on the East German border at Honebach after a heavy fall of snow and the train is climbing from Bebra in West Germany with the 08.24 Frankfurt Main to Warsaw. This was a busy line all the trains being long-distance and all worked from Erfurt to Bebra and return by these East German Pacifics with West German crews. Sunday 18th February 1973.

Regards

Ledg .



See next page

Hi all,

Two S&DJR old timers (Somerset and Dorset Joint Railway) both built for the company at Derby by the Midland Railway Company, 0-6-0 44560 in 1922 and 53806 in 1914. They are working a mixed bag of parcel vehicle's and two or more coaches. It's said to be approaching Evercreech Junction but I'm not so sure, I can only assume they are approaching from the south because of the geography of the line and have just passed the up home signal at Evercreech New as there was no crossover road by a stop signal at the Junction in either direction and we're there Western style signals? Can the man from Templecombe please let me know as this was one of your engines on the front, (yes there's still one left, footplate man that is not the engine) I'm sure you will recognise the location, come on it's only 60 odd years ago! I think the picture was taken from the public footpath crossing the railway just before the up station platform?

The British Railways head code lamps as normal are being completely ignored with

S&DJR ones on display. Fantastic. Just Under three years left before it would all be closed.

August 1963.

Regards

Ledg.



www.scrs.club

SUTTON COLDFIELD

RAILWAY SOCIETY



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

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



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

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



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

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

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



Opposite CEX on the corner.



CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES
SCHOOLS
CORPORATE
TEAM BUILDING
CLUBS



PROSECCO NIGHTS
HEN/STAG
BABY SHOWERS
SOCIAL
AND MORE

MILITARYCHEF.CO.UK

VETERAN OWNED AND OPERATED



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

Love For Babies

Fun Interactive Baby & Toddler Sessions

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

Baby Sessions:
Tuesdays & Thursdays
Beacon Church
Pheasey

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

Contact us for more information or to
book your space



Contact:

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



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

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

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

Trio Of Love 4 Week Course

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

Baby Massage & Spa 5 Week Course

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



Love To Spa

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

Love To Play

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



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



Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+
Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

EXAMS - FESTIVALS - SHOWS

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



Let Bridgewater Photography capture your special moments

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

Bridgewater Photography service covers:

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

BRIDGEWATER
PHOTOGRAPHY

Call Donna on 079 1321 3299

Customer comments:

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

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

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



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

You could get help to buy:

Plain cow's milk


Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on 0300 330 7010

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



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

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NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

How to apply

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

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



If you need help call 0333 150 3456

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



Registered with
**FUNDRAISING
REGULATOR**



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

DSSU



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD MHS



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



AGEconcern
Birmingham



Compass Support
Part of The Pioneer Group

MY NNS

HANDBOOK:

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



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD MHS

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

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



JULY 2025

No Newsletter in August

July Newsletter

HELLO FROM SUTTON COLDFIELD NNS!
Welcome to our monthly Newsletter



Hello All!

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

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

As usual, If you have any relevant snippets for our September newsletter (we are having a newsletter reprieve for August), or would like to share an NNS 'Story of Difference' please get in touch at nns@ageconcernbirmingham.org.uk

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

Birmingham
Connect
to Support

Home to the Community Asset Directory

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



Find it with
this QR Code



SPREAD THE WORD

Birmingham Connect to Support

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

CAPACITY BUILDING

Monthly Welfare & Benefits Training sessions

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

Tuesday 2nd September 2025

Disability Benefits

From 9.30am for registration, with a **10am start, finishing at 12.30pm.**

Boldmere Methodist Church,
104 Boldmere Rd. B73 5UB

To book please email:

nns@ageconcernbirmingham.org.uk

SPREAD THE WORD

Easy Read Panel – Casba Advocacy



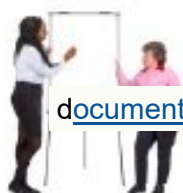
CASBA helps people with disabilities in Birmingham speak up and have their rights heard. We work together and respect everyone.



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



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



There is an assessment, but no interview. To apply contact Sarah sarah.hibberd-ford@casba.org.uk [document on the BCC website](#) Closing date 1st August.

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

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

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

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

★CONGRATULATIONS★

To the recipients of our latest Grants Panel!

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

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

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

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

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

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

Networkers Out and About



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

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

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

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

Birmingham Community Matters Capacity Building Workshops

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

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

📍 Zoom

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

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

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

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

📅 Thursday 7th August 2025, 6-7pm

📍 Zoom

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

During this event we will explore:

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

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

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



WOMEN AND ASTHMA

Stories of Breath

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

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

📍 Library of Birmingham, Centenary Square
📅 Saturday 27 September 10:00-16:00

FREE IMMERSIVE EXPERIENCE

Imperial Women and Asthma are proud to partner with the Library of Birmingham to bring you this unique event. Bookings are now open on the Library of Birmingham website. Bookings are free but a £5.00 ticket fee is required to ensure the event is funded by the community.

IMPERIAL  www.imperial.ac.uk

📍 Library of Birmingham, Centenary Square
📅 Saturday 27 September 10:00-16:00

SPREAD THE WORD Stories of Breath

Women and Asthma - Stories of Breath is a free immersive experience. Step into a multi-sensory world where stories unfold through imagery, sound and hands-on making. Everyone 7+ welcome, children must be accompanied by an adult.

📍 Library of Birmingham, Centenary Square
📅 Saturday 27th September 2025, 11am-4pm

STORY OF DIFFERENCE

Onwards – Peer Support Social Group



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

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

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

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

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

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

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

Moving on... an update...

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

SPREAD THE WORD

Sutton Connect Green Travel District Online Survey

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

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




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


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

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

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

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

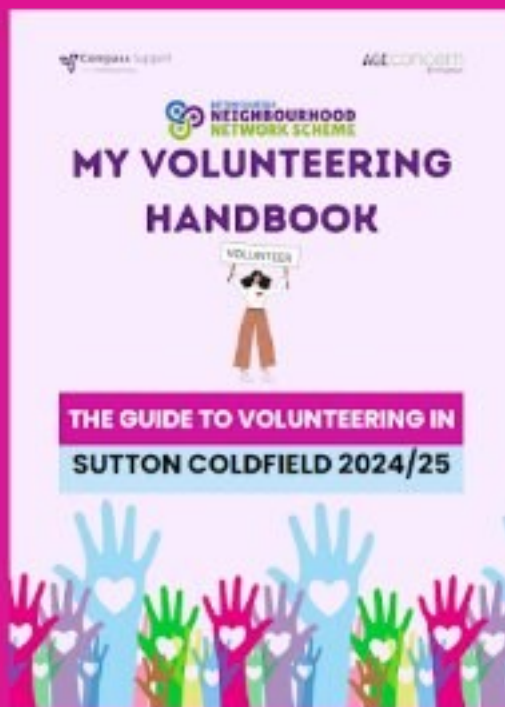
 [Sutton Coldfield NNS](#)

GET INVOLVED

READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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




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

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

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

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

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

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

 [Sutton Coldfield NNS](#)



HIGHBURY PLAYERS

2025/26 SEASON



By Agatha Christie

16 – 27 Sept 2025

Classic story from the Queen of Crime



By James Duff

21 Oct – 1 Nov 2025

How does a soldier adjust?



By Mary Elliot Nelson

2 – 13 Dec 2025

The greatest gift of all is right at home



By Alan Bennett

27 Jan – 7 Feb 2026

How hard can clearing an estate be?



Studio

By Nick Payne

16 – 21 Feb 2026

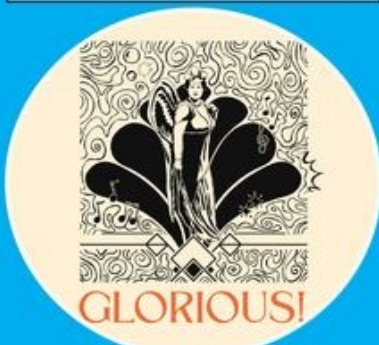
One relationship. Infinite possibilities



By Michael Frayn

10 – 21 March 2026

Welcome to a tour de force



By Peter Quilter

21 Apr – 2 May 2026

Untrained singer conquers Carnegie

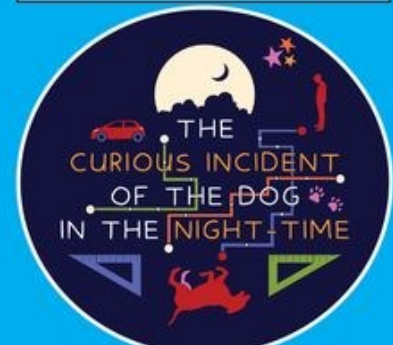


Studio

By David Mamet

18 – 23 May 2026

Hollywood sex & power dynamics



By Mark Haddon & Simon Stephens

9 – 20 June 2026

Who killed Wellington?

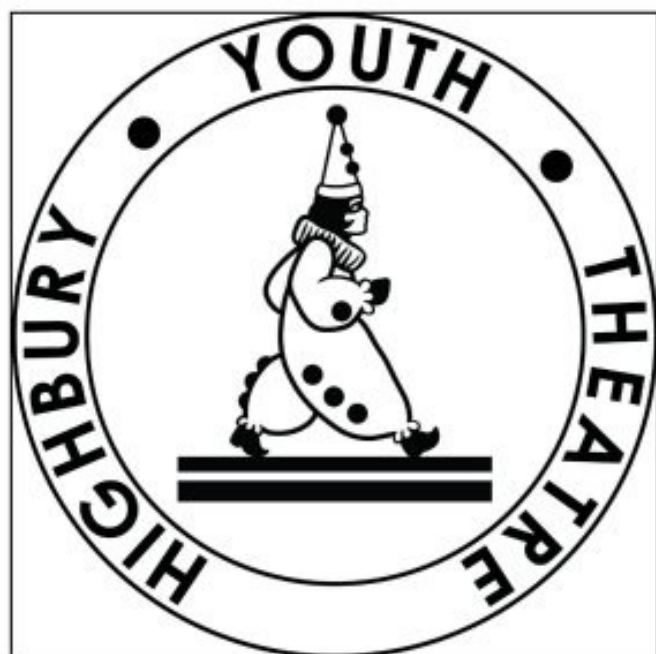
Highbury Players' plays are performed Tuesday to Saturday over two weeks, with studio plays being performed Monday to Saturday. Performances all start at 7:30pm.

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



0121 373 2761

highburytheatre.co.uk/



What's on next?

Highbury Youth Theatre

1 Sept 2025, 7.30pm-9:30pm

Aged between 11 and 18 and interested in theatre? Join us every Monday (excl holidays).

We'll work through the year on a full length production to run next July. And there'll be opportunities to help on Highbury Players' productions and develop both acting and technical skills.

For more information, contact Laura at youth@highburytheatre.co.uk

Birmingham Heritage Week in Sutton Coldfield 2025

Heritage Films

**Showings at 11am,
12:30pm, 2pm on 14 Sept**

A variety of short films featuring various aspects of Sutton Coldfield's past will be shown throughout the day.

There'll also be opportunities to chat about the films with Sutton Coldfield Movie Makers and Highbury Theatre's archivist.

Tickets are free but limited so booking required.



Connecting community across time

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



What's on next?

Highbury Players present

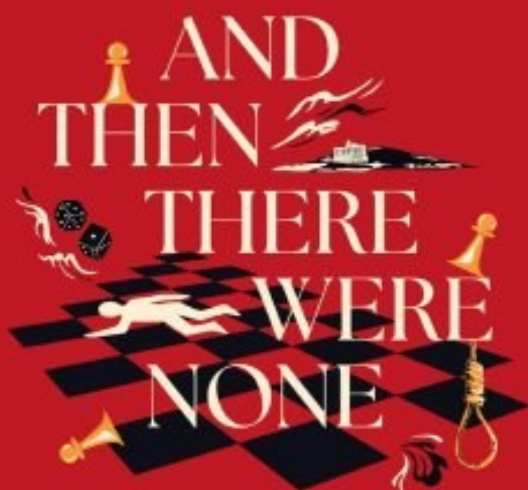
And Then There Were None

16 - 27 Sept 2025 at
7.30pm

By **Agatha Christie**

Directed by **Emily White**

Summer 1939. Ten strangers are invited to Soldier Island. With their hosts mysteriously absent, each is accused of a terrible crime. And when one of the party dies suddenly, they realise there is a murderer in their midst..



Highbury Cinema presents

La La Land

7pm on 21 Sept 2025

Director **Damien Chazelle**

Released **2016**

Duration **2hr 8m**

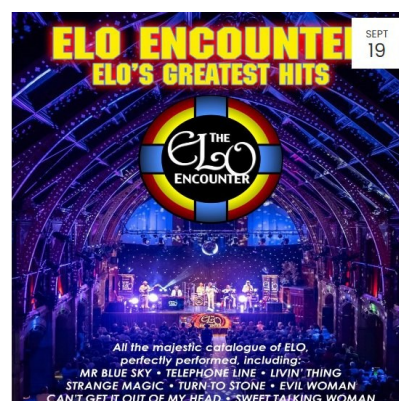
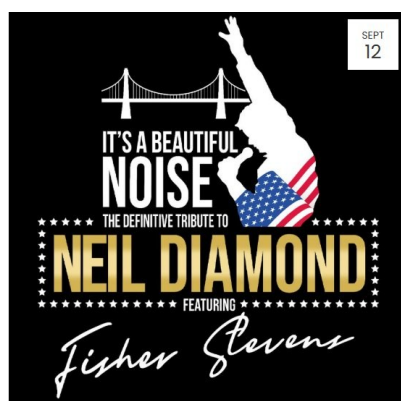
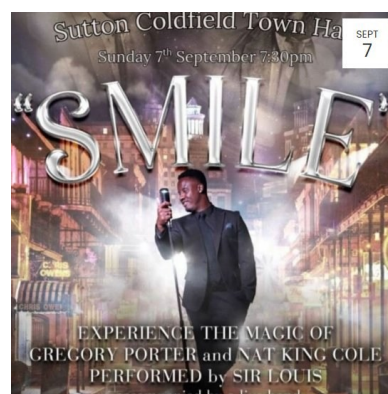
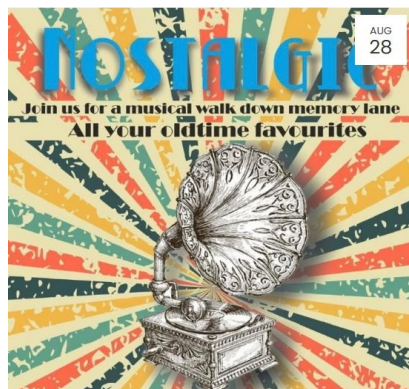
Certificate **12A**

Mia and Sebastian are torn between their love for each other and their drive for success in Hollywood. An all-singing, all-dancing ode to Hollywood's golden age.



Tickets available from
Box Office, Highbury Theatre,
Sheffield Road, B73 5HD

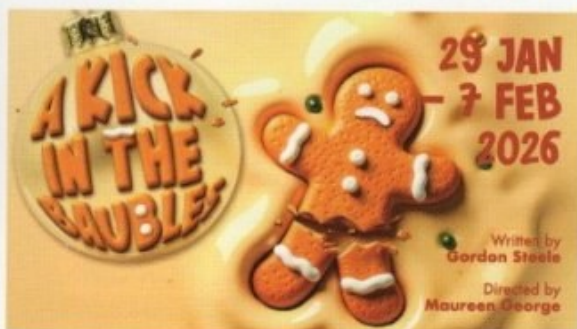
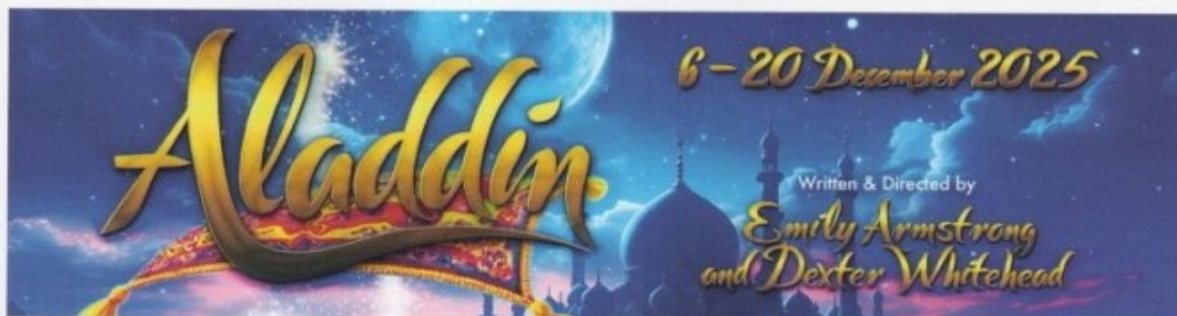
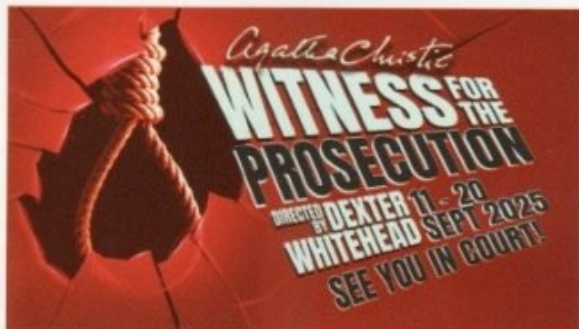
Tel: 0121 373 2761 or book online
via highburytheatre.co.uk/



SUPPORT US

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

WELCOME TO SUTTON ARTS THEATRE 2025-26 SEASON



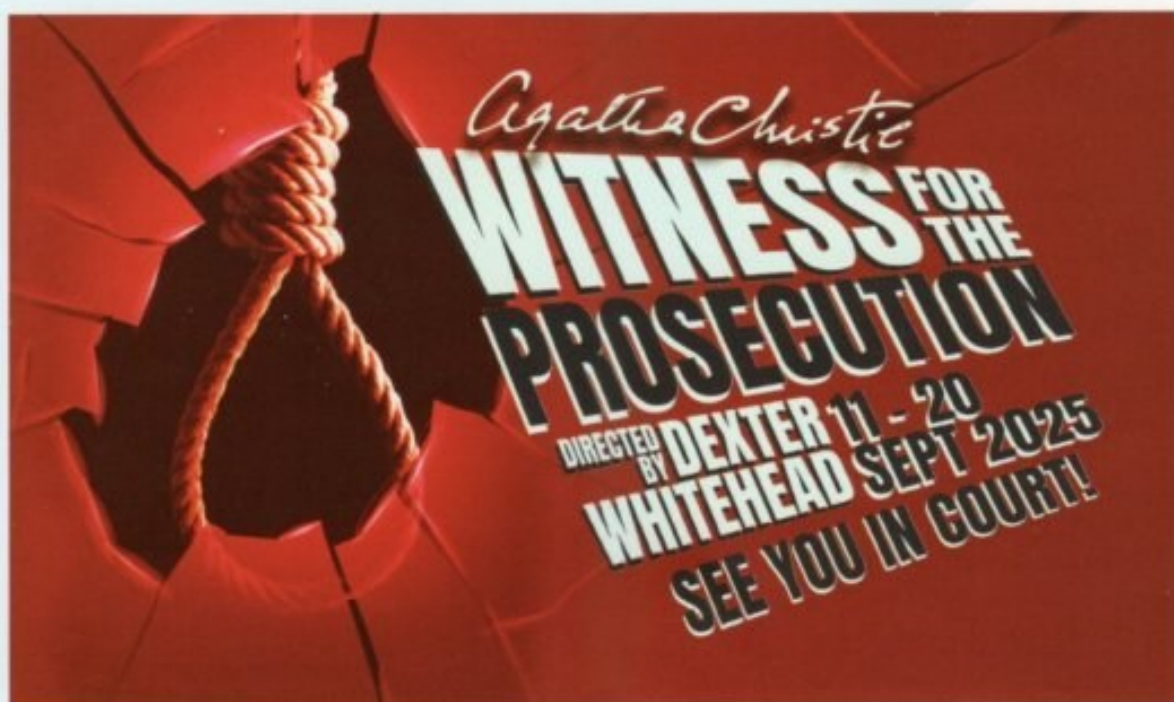
BOX OFFICE 0121 355 5355

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

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

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

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



AGATHA CHRISTIE'S WITNESS FOR THE PROSECUTION

11 - 20 SEPTEMBER 2025

YOU HAVE BEEN SUMMONED FOR JURY SERVICE...

Agatha Christie's gripping story of justice, passion and betrayal.

Leonard Vole is accused of murdering a widow to inherit her wealth.

The stakes are high - will Leonard survive the shocking witness testimony, will he be able to convince the jury, and you of his innocence and escape the hangman's noose?

All rise for this unmissable courtroom drama.

Written by Agatha Christie
Directed by Dexter Whitehead

Birmingham

[Popular](#)
[Musicals](#)
[Plays](#)
[Concerts](#)
[Comedy](#)

ALEXANDRA THEATRE

BIRMINGHAM

<div>Starts 22 Jul 2025</div> <div>The Last Laugh</div> <div>The Alexandra Birmingham</div>	<div>27 Jul</div> <div>Thank You For The Music</div> <div>The Alexandra Birmingham</div>	<div>Starts 14 Aug 2025</div> <div>Stage Experience presents West Side Story</div> <div>The Alexandra Birmingham</div>	<div>30 Aug</div> <div>Queen by Candlelight</div> <div>The Alexandra Birmingham</div>
<div>31 Aug</div> <div>Natural History Museum presents Dinosaurs Live!</div>	<div>01 Sep</div> <div>Strange but True Crime with Jennifer Rees</div>	<div>02 Sep</div> <div>Northern Live - Do I Love You</div>	<div>Starts 04 Sep 2025</div> <div>Riverdance 30 - The New Generation</div>
<div>10 Sep</div> <div>Go Your Own Way - The Fleetwood Mac Legacy</div>	<div>12 Sep</div> <div>The ELO Experience - Electric Light Orchestra</div>	<div>13 Sep</div> <div>Saving Grace</div>	<div>29 Sep</div> <div>Alan Davies: Think Ahead</div>
<div>30 Sep</div> <div>Nina Conti: Whose Face Is It Anyway?</div>	<div>01 Oct</div> <div>Ardal O'Hanlon</div> <div>The Alexandra Birmingham</div>	<div>Starts 02 Oct 2025</div> <div>Aunty Donna</div> <div>The Alexandra Birmingham</div>	<div>04 Oct</div> <div>Babatunde Aléshe: High Expectations</div>
<div>05 Oct</div> <div>The Horne Section's Hit Show</div>	<div>Starts 07 Oct 2025</div> <div>Inside No. 9 Stage/Fright</div>	<div>12 Oct</div> <div>Al Stewart Farewell Tour</div>	<div>Starts 13 Oct 2025</div> <div>2:22 A Ghost Story</div>
<div>19 Oct</div> <div>Kae Kurd: Whats O'Kurd</div>	<div>Starts 21 Oct 2025</div> <div>Sunny Afternoon</div>	<div>26 Oct</div> <div>The Rat Pack - Swingin' at The Sands</div>	<div>27 Oct</div> <div>Aston Villa Legends</div>

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



NORTHERN LIVE

Sun 31 Aug



Andy Townsend, Lee Hendrie & Ian Taylor

AN EVENING WITH ASTON VILLA LEGENDS

Tue 2 Sept



UPTOWN GIRL: THE BILLY JOEL COLLECTION

Wed 3 Sept



A Tribute to Sir Elton John

THE ROCKET MAN

Thu 4 Sept



OPERA BOYS: A NIGHT AT THE MUSICALS

Fri 5 Sept



A TRIBUTE TO STING & THE POLICE STARRING THE ROZZERS

Sat 6 Sept



THE BON JOVI EXPERIENCE

Sun 7 Sept



AN INTIMATE EVENING WITH MARTIN FRY

Mon 8 Sept



PAUL ZERDIN: JAW- DROP

Wed 10 Sept



Episode: Paint Me a Murder

SOLVE-ALONG-A- MURDER-SHE-WROTE

Wed 10 – Thu 11 Sept



BYE BYE BABY

Thu 11 Sept



CALLING PLANET EARTH

Fri 12 – Sat 13 Sept



ATTENTION ALL SHIPPING

Mon 15 Sept



Presented by Lichfield Operatic Society

ROCK OF AGES

Tue 16 – Sat 20 Sept



For ages 7-11/school years 3-6

YOUNG GARRICK WEEKLY | JUNIORS

Sun 21 Sept



For ages 11-14/school years 7-9

YOUNG GARRICK WEEKLY | INTERMEDIATES

Sun 21 Sept



For ages 14-18/school years 10-13

YOUNG GARRICK WEEKLY | SENIORS

Sun 21 Sept



Presented by Lichfield Musical Youth Theatre

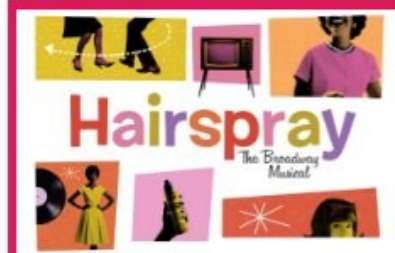
CHARLIE AND THE CHOCOLATE FACTORY

Tue 23 – Sat 27 Sept



SAM RABONE'S BIG BOSTIN' VARIETY SHOW

Sun 28 Sept



Presented by Walsall Operatic Society

HAIRSPRAY

Wed 1 – Sun 5 Oct



Presented by the Lichfield Players

THE LION IN WINTER

Wed 1 – Sat 4 Oct



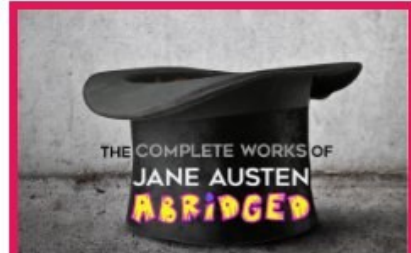
RB&O: TOSCA (ENCORE)

Sun 5 Oct



BLACK IS THE COLOR OF MY VOICE

Mon 6 Oct



Presented by Schoolhouse Productions

THE COMPLETE WORKS OF JANE AUSTEN (ABRIDGED)

Birmingham Royal Ballet - Black Sabbath - The Ballet

Honouring the original Heavy Metal heroes,
Birmingham's Black Sabbath

Thu 18 Sep – Sat 27 Sep



After a sell-out opening season in 2023 and international tours in 2024 and 2025, Carlos Acosta is turning up the volume on Birmingham's musical legacy once more when **Black Sabbath – The Ballet** returns this autumn.

Black Sabbath forged their unique sound in Birmingham Royal Ballet's home city. In *Black Sabbath – The Ballet* expect a spectacular theatrical evening featuring thrilling dance alongside full orchestrations of legendary Black Sabbath tracks such as *Paranoid* and *Iron Man*, as well as new orchestral works inspired by their music.

Carlos Acosta was drawn to both the band's work and its musical legacy as the originators of Heavy Metal. This full-evening ballet is a unique undertaking with three composers and three choreographers, led by renowned Choreographer Pontus Lidberg (whose work has been performed by the Swedish Royal Ballet and the Paris Opera Ballet) and Composer Chris Austin (whose work includes orchestrating the White Stripes music for Wayne McGregor's *Chroma*) working alongside award-winning writer Richard Thomas (*Jerry Springer, The Opera*) to create an extraordinary metal symphony over three acts. Black Sabbath themselves were closely involved in developing this unique collaboration.

Sparks fly in this intriguing response to Black Sabbath's music and legacy – the first true heavy metal ballet experience. Don't miss this spectacular, innovative fusion of classical ballet and iconic heavy metal sound – book early to secure your seat!

Take a peek behind the curtain as you learn more about Birmingham Royal Ballet's shows from the people behind the scenes and on the stage. A BRB pre-performance talk explains the ideas, thoughts and hard work which go into making Birmingham Royal Ballet's productions such an interesting and exciting evening. Pre-performance talks last approximately 30 minutes.

*Tickets to the pre-performance talks are free to Birmingham Royal Ballet ticket holders seeing the evening performance of the show the same day as the talk. Tickets must be booked in advance.



Birmingham Royal Ballet - Pre Performance Talk

Take a peek behind the curtain

Fri 26 Sep – Fri 20 Feb 2026

Birmingham Royal Ballet - Class on Stage

Ever wondered just how ballet dancers do what they do?

Sat 27 Sep – Sat 21 Feb 2026



Have you ever wondered just how ballet dancers prepare for each of their performances? Look no further than **Class on Stage!**

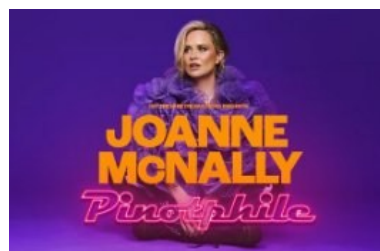
This is your chance to look behind the scenes and come and watch the dancers of Birmingham Royal Ballet warm-up and complete their final preparations ahead of one of their performances.

This is a great introduction to Ballet and an opportunity to understand about the amazing strength, skill and stamina of BRB's exceptional world-class dancers.

After the success of her record-breaking tour *The Prosecco Express*, Joanne McNally returns with her hotly anticipated new stand-up show *Pinotphile*. Hailed by *Variety* as One to Watch, McNally has been keeping herself busy by ruining men's lives (and her own) and now she's back; still single, still unfertilised, and laden with irreverent, ridiculous and hilarious war stories.

Join Joanne for a wild ride as she navigates situationships, revenge, frenemies and rejection in her 'Terrifyingly funny' (*London Evening Standard*) and 'Joyously nuts' (*Irish Examiner*) trademark style. With her last stand-up show crowned *Ticketmaster IE's Comedy Event of the Year*, *Pinotphile* is destined for a similar future.

She's the co-host of award-winning podcast *My Therapist Ghosted Me*, and with riotous appearances on *Taskmaster*, *The Jonathan Ross Show* and *The Big Fat Quiz of Everything*, Joanne also hosts the hugely successful BBC Sounds series *Joanne McNally Investigates: Who Replaced Avril Lavigne* and *Do Furbys Spy On Us?*



Comedy & Spoken Word

Joanne McNally: Pinotphile

Join Joanne for a wild ride as she navigates situationships, revenge, frenemies and rejection

Sun 28 Sep

Comedy & Spoken Word

Wolf and Owl: LIVE

Get ready for an evening of laughs, surprises and shooting the breeze

Mon 29 Sep



The Wolf and Owl are finally delivering on the promise they've been making for almost 300 episodes and taking their hit podcast on tour.

Romesh Ranganathan and Tom Davis will take their hotly anticipated live show across the UK & Ireland. Round up the animal pack and get ready for an evening of laughs, surprises and shooting the breeze, live and unedited.

Sweet sweet souls only.

Internationally renowned dance-circus company Motionhouse returns to Birmingham Hippodrome, with its brand-new production *Hidden*.

Thought-provoking and poignant, *Hidden* explores how, in an increasingly divided world, light can come out of darkness in times of crisis.

At the cutting edge of live performance and digital integration, *Hidden* is a powerful blend of artforms.

Gravity-defying choreography, an emotive soundscape and a shape-shifting set combine with groundbreaking projections to create an immersive world on stage.

The fearless performers throw, catch and lift each other with immense precision, thrilling audiences with heart-in-the-mouth moments in this action-packed new production.

Building on the successes of previous shows, including 2021's major hit, *Nobody*, the production further develops Motionhouse's distinctive and visceral dance-circus language, where breath-taking dance melts effortlessly into thrilling circus feats. A spectacular and unforgettable production.

Hidden is co-commissioned by Warwick Arts Centre, Birmingham Hippodrome and FABRIC. Created with support from the John Ellerman Foundation and the UK's innovation agency, Innovate UK.



Motionhouse: Hidden

Jaw-dropping dance-circus

Fri 10 Oct – Sat 11 Oct

Events & Venue Tours, Musicals

Fundraising Gala at Moulin Rouge! The Musical

Wed 15 Oct, 2025



THIS GALA EVENT IS NOW SOLD OUT! Thank you to all our generous gala bookers – we look forward to welcoming you to this special fundraising evening. Confirmation details will be sent to you shortly.

Join us for a Fundraising Gala Evening alongside the dazzling *Moulin Rouge! The Musical*.

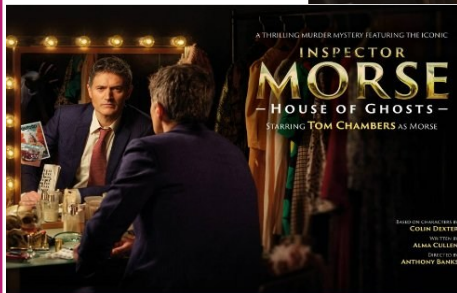
Revel in a night of first-class hospitality and world-class entertainment on **Wed 15 Oct**, in the space where all your dreams come true!

Our Gala evenings are the perfect opportunity to entertain your valued clients, treat a team, network with other city professionals or simply to enjoy with friends.

Your package includes: a premium show ticket, drinks reception, delicious three course seated dinner in our specially styled studio space and an exclusive post-show reception.

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

the Rep



INSPECTOR MORSE: HOUSE OF GHOSTS

Thu 28 Aug–Sun 14 Sep 2025



MURDER AT MIDNIGHT

Tue 16 Sep–Sat 20 Sep 2025



EMMA

Mon 29 Sep–Sat 4 Oct 2025

A chilling mystery unfolds when a young actress suddenly dies on stage during a performance, and Detective Chief Inspector Morse embarks on a gripping investigation. What begins as a suspicious death inquiry takes a darker turn when the legendary inspector, together with DS Lewis, uncovers a connection to sinister events in his own past, twenty-five years earlier.

Inspector Morse: House of Ghosts marks the first-ever major stage adaptation of the iconic detective. ITV's long-running *Inspector Morse*, hailed by Radio Times as 'The greatest British crime series of all time', has inspired equally beloved spin-offs, *Lewis* and *Endeavour*.

Starring **Tom Chambers** (*Father Brown*, *Strictly Come Dancing*) as Inspector Morse, this original story written for the stage is a must-see for fans of compelling detective stories and thrilling mysteries.

Starring national favourites **Jason Durr** (*Heartbeat*, *Casualty*), **Susie Blake** (*Victoria Wood's As Seen on TV*, *Coronation Street*) and **Max Bowden** (best known for his role as Ben Mitchell in *EastEnders*).

A killer night out! From the writer of *Murder in the Dark* comes a deliciously twisted crime caper like no other.

It's New Year's Eve in a quiet corner of Kent and a killer is in the house...

We meet Jonny 'The Cyclops' – the notorious gangster – his glamorous wife, his trigger-happy sidekick, his mum (who's seeing things), her very jittery carer, plus a vicar who's hiding something, and a nervous burglar dressed as a clown.

Throw in a suitcase full of cash, a stash of deadly weapons, and one infamous unsolved murder...What could possibly go wrong?

Join us for a murder mystery with a difference. One house. Seven suspects and a **Murder at Midnight**...

Written by acclaimed playwright **Torben Betts** and produced by the award-winning **Original Theatre** (*Birdsong*, *Murder in the Dark*, *The Mirror Crack'd*), **Murder at Midnight** is a gripping murder mystery filled with twists, chilling suspense and wickedly dark humour – guaranteed to keep you guessing until the final stroke of midnight

"I am going to take a heroine whom no one but myself will much like"

The beautiful, high-spirited Emma Woodhouse is determined that she will never marry but loves to meddle in her friends and neighbours' relationships. When her confidante and former governess, Miss Taylor weds her fiancé Mr Weston, Emma, having introduced the couple, takes credit for the marriage and decides that a future in matchmaking lies ahead of her. So begins a comic journey through the lives and loves of Emma's acquaintances but as the romantic web she weaves amongst her friends becomes ever more entangled, will Emma herself get swept up in true love's wake...?

Jane Austen's enduring comedy of manners is filled with memorable characters – the dashing Mr Knightley, Emma's friends Jane Fairfax and Harriet Smith, the mercenary Reverend Elton and his delightfully pretentious wife Augusta. This delightful new stage adaptation celebrates the 250th anniversary of **Jane Austen's** birth.



STUDIO27
TIMETABLE
ALL CLASSES ARE 45 MINS
UNLESS SPECIFIED

MONDAY
Circuit 9:30am
BoxFit 10:30am
Pilates 5:15pm
(1st class 13th May)
Zumba 7:45pm

TUESDAY
Pilates 9:15am
Adult Dance 11am
Yoga 12:15am
Kids Yoga 4:30pm
Yoga 5:15pm
BoxFit 6:15pm
BoxFit 7:15pm

WEDNESDAY
Circuit 9:15am
Meditation & Mindfulness 10-10:45am
Parent & Toddler/Baby Dance 11:00-12:00pm
Under 12 Dance 5pm
Adult Dance 6:15pm
Zumba 7:15pm

THURSDAY
Circuit 9:15am

FRIDAY
Zumba 9:30am

SATURDAY
Circuit 7:15am
BoxFit 8:00am
Under 5 Dance 9am
Under 8 Dance 9:45am
Over 12 Dance 10:30am
Street Dance 11:15am

STUDIO TWENTY SEVEN

www.studio27wellbeinghub.co.uk

Additional wellbeing offerings here at Studio27 Wellbeing hub



Personal Training



1-2-1 Wellbeing Support



Nutritional Guidance



- Membership & Pricing -

Basic

£25 month

4 classes per 4 weeks

Standard

£45 month

8 classes per 4 weeks

Premium

£60 month

12 classes per 4 weeks

Unlimited

£99 month

Unlimited classes

Youth

£37 month

Under 12

£35 month

Under 8

£30 month

Under 5

£20 month

Pay as you go

Current prices Price from 1st July 2024

Adult £7 Adult £8.50

Child £6 Child £7.50

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

To book and pay for a membership or class, please visit our website

www.studio27wellbeinghub.co.uk

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

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

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033



Carers Support Group

**SUTTON COLDFIELD UNITED
REFORMED CHURCH**

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

**2 Course
Hot Meal
£2**

**Free
Massages**

**All
Welcome**

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

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

Occupational Therapy Clinics

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

No need to book.

For more information about
clinic venues visit:

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



**Birmingham
City Council**

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

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

Jordanne Francis
Health and Wellbeing
Officer

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

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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

Perry Common Community Hall,
87 Witton Lodge Road, B23 5JD
Wellbeing Hub, 196 High Street,
Erdington, B23 6SJ



ARTHRITIS HELPLINE

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

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

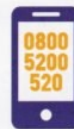
CALL US FOR FREE
0800 5200 520

VERSUS
ARTHRITIS



CALL US FOR FREE
0800 5200 520

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



✉ helpline@versusarthritis.org

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

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

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

PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

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



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



VERSUS
ARTHRITIS

VERSUS ARTHRITIS RESOURCES

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

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

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

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

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

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



VERSUS
ARTHRITIS



Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

**Coffee, cake &
friendship cafe**

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

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

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

Trusted to care. 

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

care UK 



Join us for
our next
event

Mercia Grange care home,
Four Oaks

Feel good fitness

Last Thursday of every month,
2pm - 3pm

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

Trusted to care.



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

care UK



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

Classes on:

Banners Gate Community Hall, Sutton Coldfield B73 6UR
The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



**North Birmingham
Cats Protection Presents...**



Autumn Fayre

**Saturday 25th October 2025
11am to 3pm**

**Collingwood Centre, Collingwood Drive
Great Barr, Birmingham B43 7NF**

**Tombola, Jams, Chutney, Marmalade
Homemade cakes, Vintage & Bric-a-brac
Cat-themed items, craft and gift stalls**



For more information call: 0345 260 1503
email: info@northbirmingham.cats.org.uk
or visit: www.northbirmingham.cats.org.uk

Reg Charity 203644 (England and Wales) and SC037711 (Scotland)

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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net





Lucy

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



Terence




Polly



Jo Jo

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

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



Birmingham and Solihull
Integrated Care System
Caring about healthier lives

Annual health checks for those who are diagnosed with dementia


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

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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



How long does an Annual Health Appointment last?

- 20-30 mins




What help might you need?

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





What happens during the Annual Health Check?


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




Alzheimer's Society




Birmingham Carers Hub



Carers Trust Solihull



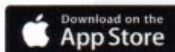
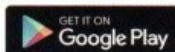
Birmingham Carers Hub



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Can you help us save more food?

OLIO
The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

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



Add to OLIO

Your neighbours will
love your spare food or
household items.



Volunteer

Feel great
& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

f @OLIOex i @OLIO_ex t @OLIO_ex

It's okay...

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



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



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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -



LivingWell
UK





COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

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













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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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



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

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

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



Banners Gaters clearing fallen leaves near Longmoor Pool.



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

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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Join FOPPs Regular Litter Pick

**every second sunday in the
month.**

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

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

Weather Permitting





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



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



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



Love For Babies

Fun Interactive Baby & Toddler Sessions

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

Baby Sessions: Tuesdays & Thursdays Beacon Church Pheasey	Role Play Sessions: Wednesdays St Columba's Church Banners Gate
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Contact us for more information or to book your space

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



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

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

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

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

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

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

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





touchlearn Baby Massage Teacher

hands onbabies

touchlearn Baby Signing Teacher



Amalia's Elite Dance Academy

We offer

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

Contact us for more

★★★★★ Trustpilot

pyjama drama

Teaching life skills through drama and imaginative play

Fun classes that develop life skills in babies & young children

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

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

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






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

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

Book now! pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



Prince's Trust

**START
SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049

info@wcg.ac.uk

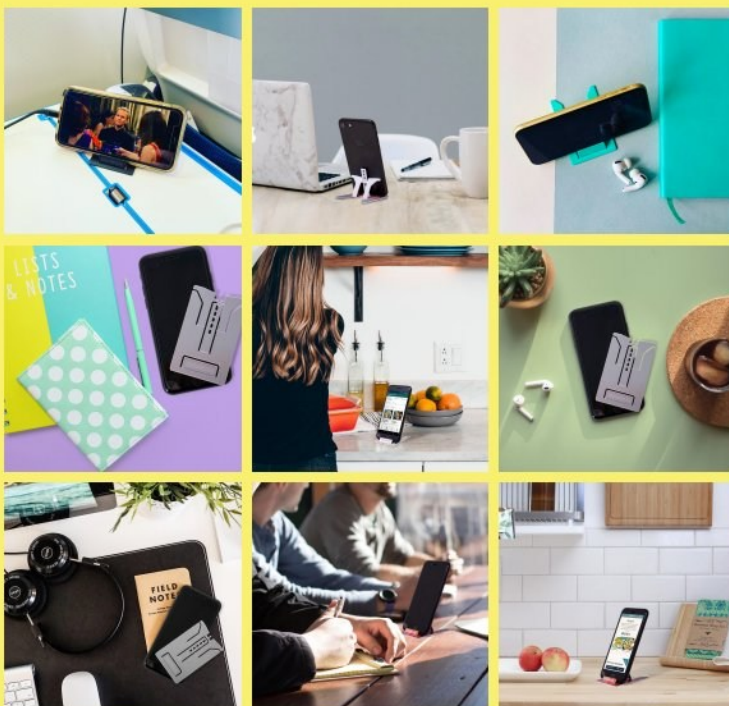
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THE STAND FOR LIFE

Travel. Work. Play. Relax.

Hands-free with Standeazy, the clever credit card sized phone stand that folds flat and goes everywhere you go! Two materials. Countless uses.



Made with  in the West Midlands.



SCAN ME

for more info on how
and where to use it

standeazy.com

THE PERFECT STOCKING FILLER!

Get 10% off the Standeazy Ultra or the Original
when you order online with code **Stocking23**



Banners Gate Neighbourhood Forum Meetings

There will be a meeting of the Banners Gate Neighbourhood Forum on the last Thursday of every month, starting in January at 7.30 p.m., the next is September 25th then November 27th. Hot drinks and biscuits will be provided. Come and tell us of any problems you have with the area and we will try to get them fixed. If you need any more information please call 0121 605 4947 or 07976 550 420

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

If you need any information please message on 07964 213 229