The Gatepost Supplement July 2025



Banners Gate & Parklands Community & Neighbourhood Forum

195th July 2025

bannersgateneighbourhoodforum.com

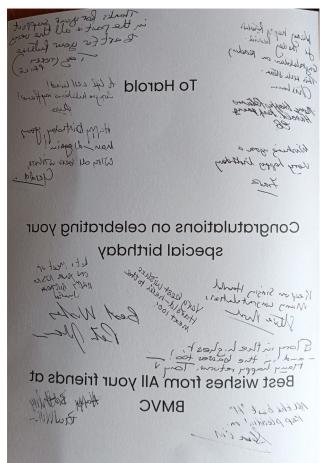
If you want **Gatepost** emailed to you, including cartoons and puzzles, in full colour, wherever you live, **free of charge**, every month, please send an **email to <u>bgatepost@gmail.com</u>** with "Email Gatepost" in the subject line. You can cancel at any time by email with "Stop Gatepost" in the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

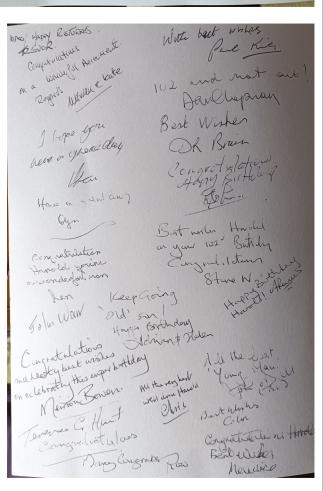
Harold celebrated his 102nd birthday among friends at the St Columba's Coffee Morning that meets every Friday (the next meeting is 5th September because of the school holidays). Did he blow all the candles out, one for every letter in Happy Birthday? You bet he did and with one blow! Could you do it at your age?











... and the whole choir signed and sung Happy Birthday

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 pm AT THE COMMUNITY HALL. REAY NADIN DRIVE.

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

ALL PROCEEDS GO TO GUIDE DOGS.

TO OBTAIN TICKETS PLEASE **TEXT 07963 213 229**, STATING NUMBER REQUIRED AND YOUR NAME.

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









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







BOOST Your Summer Fun!

Join us for BIG Games & Activities

Double Basketball Hoop, Giant Connect 4, Giant Jenga, Creative Workshops, Novelty Competitions, Prizes and much more...

August Thursday 21st Tuesday 26th Wednesday 27th

Time: 10 am - 2 pm

BOOK NOW SPACES LIMITED

eventbrite

Fee £20 Per session (includes booking fee)

Early Bird Discount Code: BIGGAMES25

Where

Westwood Hall. Banners Gate Community Church, Westwood Road. Sutton Coldfield. B73 6UH.

www.mis-cellaneous.co.uk

Contact us: 07772563714



Mis-Cellaneous Collective CIC PRESENTS

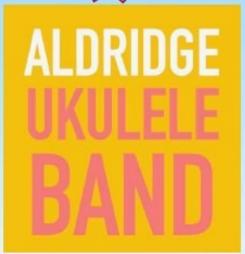
DONEGAL ROAD ALLOTMENTS

Open Day

On Saturday 16th August 2025 11:30am - 3:30pm

BBQ Tombola Bric-a-Brac Jigsaws Stained Glass Ornaments Plants, Vegetables, Fruit Cakes & Refreshments





Donegal Road, B74 2AA

The Sutton Coldfield Fuchsia Society & Gardening Guild Annual Show

Saturday August 9th 2025





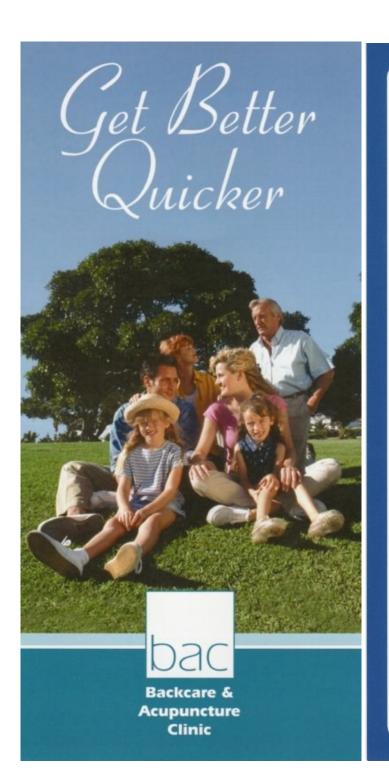
Banners Gate Community Church, Westwood Rd, B73 6UH

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

Entry £1 children free



Plant sale, plant tombola, refreshments, and raffle.





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





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.









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.







Beat Back Pain Checklist

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





Backcare & Acupuncture Clinics

0121 354 4629 | info@clusker.co.uk



Need help with your daily housework chores?

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

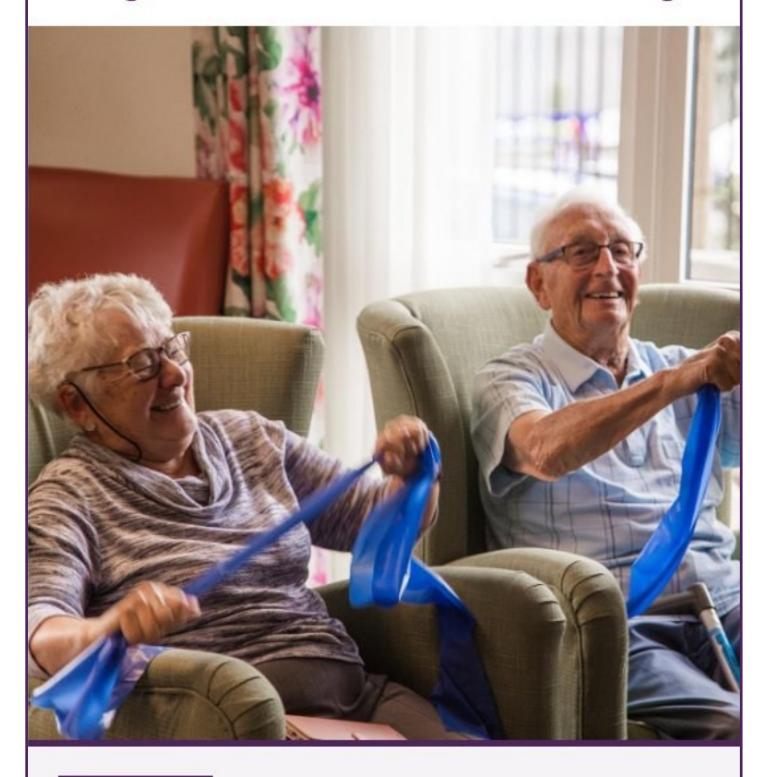
Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696



Feel good fitness - free event at Mercia Grange



BOOK NOW

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







Centres for Warmth

WHEN?

Every other Tuesday From 10.15am - 12.15pm

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

WHERE?

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

WHAT IS A CENTRE FOR WARMTH?

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

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

AGE CONCERN Birmingham

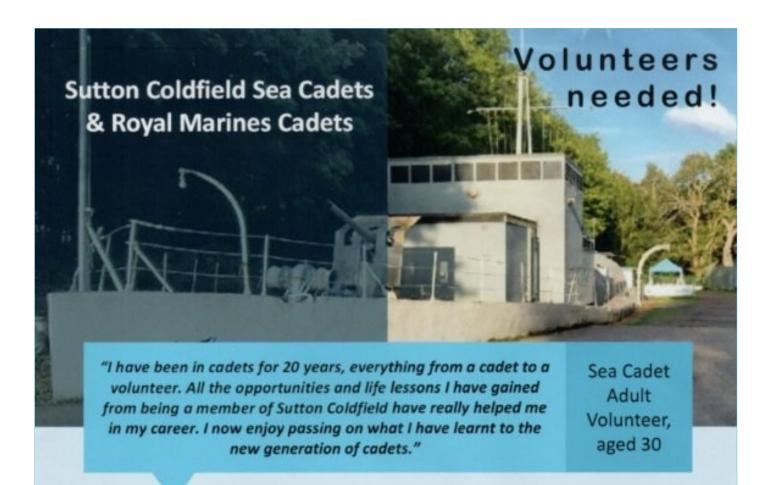


CONTACT US

0121 362 3650

energy@concernbirmingham.org.uk









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 highquality, 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



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



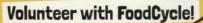
Our Food Supplies are running out but people still need our help. We urgently need food, especially, all tins; soup, baked beans, tuna; breakfast cereals; long life milk; tea; rice and pasta.



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.





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.



the kitchen, or provide a warm welcome to our guests - we've got the volunteering role for you!

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

sign up!



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

foodcycle.org.uk/volunteer/



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

8888

When Monday

Time 1:00 pm

Contact

falconlodge@foodcycle.org.uk

Family Friendly

Yes

Accessibility - Disabled Toilet

Accessibility - Disabled Parking Yes

Accessibility - Flat

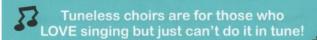
Yes

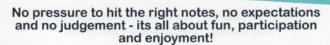
SUTTON COLDFIELD



TUNELESS CHOIR

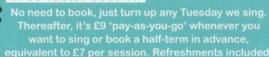
singing like no one is listening





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





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.







Thursdays:
Pre-School Lil Club 9.30-11am
Disabled Adult Social Session 1-3pm

SQUARE PEG

Activities

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 though our website.

www.squarepegactivities.org

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





"

"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)





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!



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

- Qualified - Registered - Insured - DBS Checked

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



DANCE ARGENTINE **TANGO**

Thursday 7.30-8.30pm from 12th September



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

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

with

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

Franco & Julia Contact: Julia 0779 008 4218





Book Now

One hour of stretching and relaxation for your body & mind

> **Banners Gate** Community Centre

saturday 10.15 -11.15

Email

classeswithgem@outlook.com

PILATES CLASS

By Bootique 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

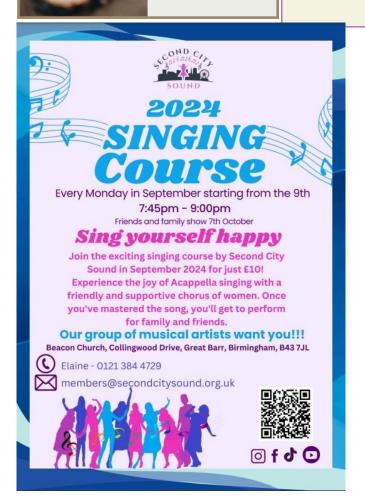


07305330324



bootiquefitness66@gmail.com

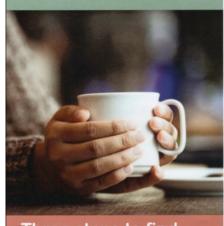




Your free advert could be here

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: 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 00

I have debt

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

See option (6)

I am waiting on a benefit payment or advance

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

See options (10)

Step 2: What are some options?

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

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.

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 co

BIRMINGHAM CITY COUNCIL

Neighbourhood Advice Service Advice on benefits, debt, housing and

other money-related issues 0121 216 3030

Help with options: 1 2 3 6



CITIZENS ADVICE BIRMINGHAM

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

www.bcabs.org.uk

Help with options: 10 0 0 0 0 0

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

Help with options: 1 2 3 4 6 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 6 6

SPITFIRE SERVICES

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

Help with options: 10 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: (3)

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).

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).

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

Advice and advocacy services for

disabled people 03030 402 040 | drc@disability.co.uk www.disability.co.uk





CHRISTIANS AGAINST POVERTY

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

Help with options: (3)

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

Help with options: (1) (2) (3)



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

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

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

Advice to help improve your finances 0800 138 7777 07701 342 744 (WhatsApp)

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

nformation 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 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

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

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

The Refugee and Migrant Centre

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

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



















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 out 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
<u>Homelessness</u>	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 incident	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
<u>Transportation emergencies</u>	0121 303 4149

SignVideo BSL interpreting service for deaf people

Read about how you can use <u>SignVideo BSL interpreting service for deaf people</u> to contact Birmingham City Council.

Contact Birmingham City Council using <u>SignVideo BSL interpreting service for deaf</u> 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://birminghamcarershub.org.uk/about-us/ info@birminghamcarershub.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 sup-

port to carers

https://birminghamcarershub.org.uk/carer-support/back-up-emergency-care/ info@cers.org.uk

Mental Health: Urgent Help

0121 262 3555 or 0800 915 9292

24 hour 7 days a week advise, information & support whether you have used services before or not https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/

Samaritans (also have local branch)

116 123 (free to call)

Offer safe place for you to talk any time you like, in your own way about whatever's getting to you http://www.samaritans.org/ jo@samaritans.org

Social Care and Health

0121 303 1234

Social care, community services, day care, respite, long term care, occupational therapy, safeguarding https://www.birmingham.gov.uk/health-social-care acap@birmingham.gov.uk

Social care, education, family services, info, advice: www.mycareinbirmingham.co.uk

The Waiting Room

https://the-waitingroom.org/

contact/ Information about health and social care

https://the-waitingroom.org/

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

Alzheimer's Research Trust

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-

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/ homesafety.centre@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

Please note other local & high street retailers may also provide these services so please check this and any cost first

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.









Let's work together





Family Foundations will help you:

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

Course details

Date: Prenatal Session-16th April

Time: 9:15am-2:45pm

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

Registration: Scan the QR code or Call centre

on 0121 354 4080









Birmingham Community Healthcare **NHS NHS Foundation Trust**











Sutton Coldfield District Children's Centres

Activity Calendar

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

Nothing makes children happier than having someone to play with.

Children learn so much through play,

we are helping their minds grow and develop when we take the time to play with them.





Sutton Coldfield Children's Centres

Activity Calendar



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

.startwellbirmingham.co.uk



Health Visitor Hub

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

Tuesday

Duty

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

0121 752 1860

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

> **Little Talkers** 1.15-2.15pm

(Referral Only) Holland Hou



Wednesday

Play and Learn 0-5yrs

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

EEE advice

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

For more information call your

Healthy Start

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



Thursday

KIDS Family Group (via referral to Kids West Midlands)

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

Stories and Songs

Delivered by partners Home Start 9.30-1010am 10.30-11.10am Mere Green Library

Stepping Stones

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

Friday

BIRMINGHAM

FamilyHubs

Preparing for Parenthood

9.30-3.30pm **Holland House CC**

Saturday

Family Time Stay and Play

Delivered in partnership with **Holland House Day** Nursery

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





Sutton Coldfield Children's Centres





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

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• 1:1 Family Support:

Do you need some advice and support? Drop in to see one of our Family Support Workers between 8:30am - 4:30pm

- Infant feeding support
- Bookstart
- Wellcomm screening
- Home safety assessments
- Domestic Abuse Support







Sutton Coldfield Children's Centres 1



amy.miiicnope@pirmingnam.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.



Want To Make New Friends, Learn New Skills And
Be Part Of An Inspirational Organisation
We Are Opening a New
WI Group in Boldmere
Come and Find Out More
First Wednesday of Every Month

7 -9pm

Newman Community Centre
13A Boldmere Road
Sutton Coldfield
B73 5UY

For More Information Email; cathmarsh73@icloud.com

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

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



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

https://bosf.org.uk/

https://www.facebook.com/ BOSFonline/?locale=en GB

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

Everyone found the tour of Wylde Green





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

CARER'S ASSESSMENT & WELL BEING 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 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



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.

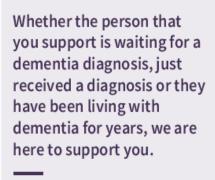
Visit us at <u>www.birminghamcarershub.org.uk</u> to look at the comprehensive services and support on offer for unpaid carers in Birmingham from us and our partner organisations.

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
- The 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"



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.











Visit our website birminghamcarershub.org.uk



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

AGE CONCERN Birmingham





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







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









Christmas

at Holy Trinity

FREE ADMISSION

Carols by Candlelight

day 22nd December

by complimentary mulled wine and mince pies in the Trinity Centre.



Other Advent and **Christmas Services**

ALL FREE ADMISSION

Christingle Sunday 1st December at 4pm

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

Toy Service

Sunday 8th December at 10am Bring new toys for children of all ages which will be donated to Action for Children for distribution to children who might otherwise not receive a Christmas present.

Tuesday 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**

Tuesday 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**

Wednesday 25th December at 10am

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

DIGNITY

Friends of Holy Trinity Parish Church



At Dignity, we consider it a privilege to serve local families and support our local communities.

Holy Trinity Parish Church is our closest place of worship and we are delighted to sponsor the fundraising events of Friends for the twelfth successive year.

Our funeral home features a beautiful interior and our friendly staff are available at all times to provide help and support to all the families we serve

A Hazel & Sons Funeral Directors

0121 354 2145

We're here for you anytime. Whatever your wishes or budget, we can provide a funeral to suit you.

BMOS Musical Theatre Company

Founded in 1886, BMOS has entertained tens of thousands of Midlanders. during its 138 year history and enjoys a headline show at Birmingham's New Alexandra Theatre every year — "Charlie and the Chocolate Factory" being their latest triumph in June 2024.

BMOS Musical Theatre Company presents "Broadway Classics" - a thrilling evening of your favourite songs from classic shows from

Saturday 23rd November 2024 at 7.30pm



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

BECOME A FRIEND



HOLY TRINITY PARISH CHURCH ROYAL SUTTON COLDFIELD

CONCERTS AND EVENTS

2024-2025



htsc.org.uk

FRIENDS OF HOLY TRINITY

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

The CBSO's Symphonic Six Saturday 12th October 2024

The CBSO'S Symphonic Six presents an evening of live mus entitled "From Classics to Jazz"

featuring music by Jazz legends John Kirby, Raymond Scott, Duke Ellington and Benny Goodman

and based on classics by Chopin

Beethoven, Schubert, Greig,

Mozart and many more

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

ADULT UNDER 18 FAMILY £225

TICKETS FOR ALL CONCERTS:

£20

The Black **Country Beatles**

Broadway and London's West End

day 8th February 2025



Beatles tribute band The Black Country Beatles was started by Andy Harper, who plays the role of George Harrison, back in mid-2016.

The band play a wide range of the Fab Four's classics and have become a firm staple of the Midlands live scene with a solid following in the Black Country and beyond. You can look forward to hearing your favourite 1962 to 1970 hits performed by The Black Country Beatles' take on Paul, John George and Ringo!

Lichfield Cathedral Choir

ected by 8en Lamb and accompanied by Martyn Rawles, Lichfield Cathedral Choir presents a programme that explores the riches of the Anglican repertoire.

The Cathedral Choir can be traced back as far as 1315; they offer places for Choristers aged 7-13, Choral Scholars aged 16-18 as we as adult Lay Vicars and sing for





Our Atlantic Roots

Saturday 10th May 2025 at 7.30pm

Cornwall based duo, Our Atlantic Roots (Mac and Laura Johnston) bring an uplifting blend of American & British alt-folk, with harmonies that are rich, dynamic and unite beautifully. Mac's guitar playing is full of character and accompanies lyrics that are both poetic and direct, hopeful, and authentic.

Mac and Laura merge genres from their country and folk roots. With over 4 million streams and hundreds of live shows under their belts, as well as on BBC TV and BBC Introducing, 'Our Atlantic Roots' is an emerging act to watch



English Trombone Consort

Saturday 14th June 2025 at 7.30pm



The English Trombone Consort prese 'Baroque to Boogie Woogie'. The co was formed in January 2014 by four professional trombone players from the Midlands. Between them they have well over 100 years of professional performing experience, both in the UK and abroad, as



performing experiences of each of the four players brings together a mature and stylistic approach to the ensemble's diverse

BOOK TICKETS

Visit htsc.org.uk or call 0121 321 1144















selection of well known classics that have been given a jazz twist by musicians who took their inspiration from the classical masters.





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 stream rail in Britain and captured his unique perspective on these events through his photography collection.

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

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

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

ALAN'S BIOGRAPHY

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

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

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

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

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

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



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

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

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

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

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

Hi all,

I went to the Severn Valley Railway last week end to see 46115 "Scots Guardsman" at the 200 years celebrations hoping to get a good shot of it at Bewdley having got few at Kidderminster. Unfortunately little did I know that it would be turned whilst I waited at Bewdley after travelling by bus from Kidderminster only for it to come late and tender first thus almost missing my return

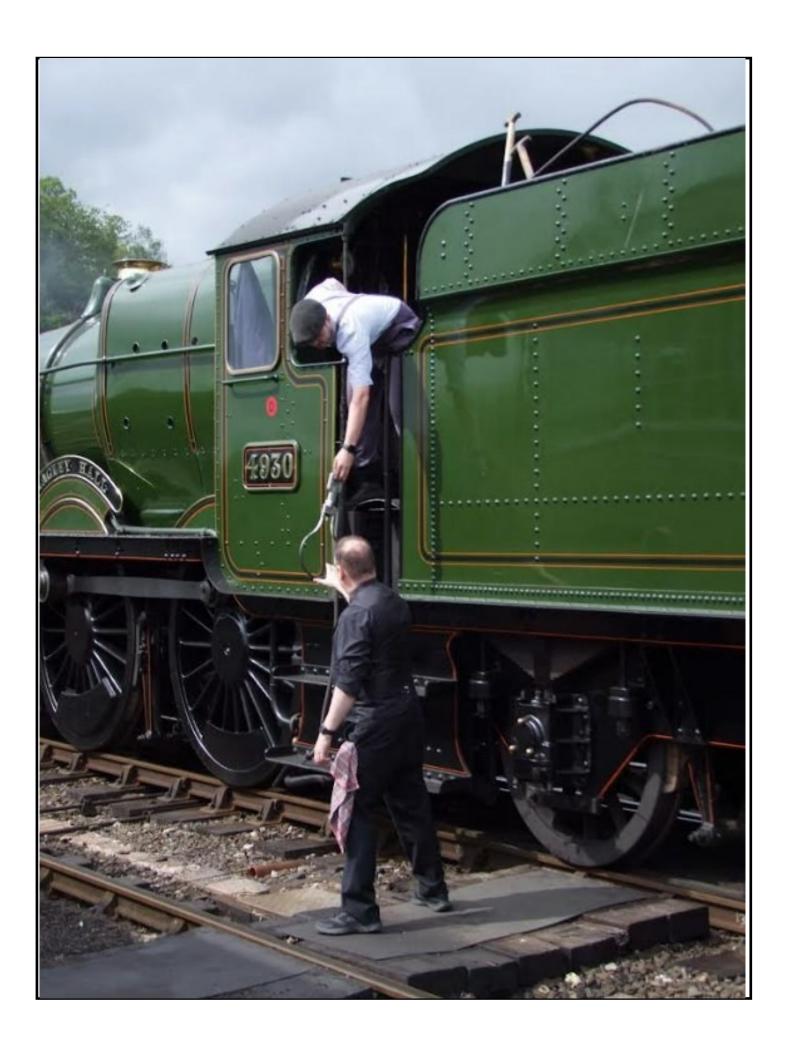
Anyway here are two pictures, one of Ex GWR 0-4-2 tank engine 1450 working the 13.50 Kidderminster Arley push pull auto service, this was where I expected to get picture of 46115. The second shot is of the fireman giving up the single line token to the signalman at Bewdley North Signal box for the section between Arley and here at Bewdley North. The engine is 4930 Hall Class 4-6-0 "Hagley Hall" in pristine condition after a recent overhaul working an afternoon Hampton Loade Kidderminster train.

Regards Ledg.

5th July 2025



See next page



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.

Baby Sessions:



Contact:

07940547492 becky@loveforbabies.co.uk Love for babies



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 beckv@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

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

BRIDGEWATER

PHOTOGR//PHY



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

(X) 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 ultraheat treated (UHT).



(X) 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

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

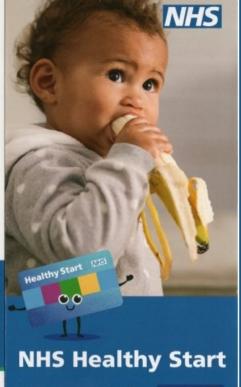
Or call us on 0300 330 7010 Our contact centre is open Monday - Friday, 8am – 6pm (except public holidays)





Follow us on Facebook and Twitter @NHSHealthyStart

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



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:

- 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
- Universal Credit (only if your family's takehome 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



Receive your prepaid card in



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

Page 2/4



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

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.





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

DSSU







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

https://birmingham.connecttosupport.org/



JULY 2025

WELCOME TO OUR

July Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



Hello All!

We hope you're well. Last month the team represented Sutton Coldfield NNS at the Sutton Coldfield 'Shaping Birmingham's Future Together' Marketplace, at Sutton Coldfield United Reformed Church. It was a great opportunity to connect with Birmingham wide and local organsiations 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



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 ment on the BCC website nail sarah.mibbero-rorogodasba.org.uk Closing date 1st August.

Page 1 of 1

CongChoker

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 wiling 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 <u>here</u>



CAPACITY BUILDING

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

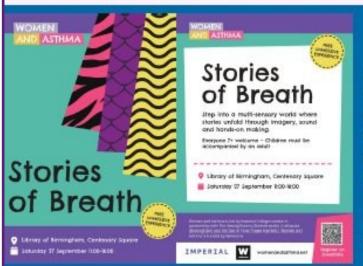
Thursday 7th August 2025, 6-7pm † Zoom

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/



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 BSaturday 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 <u>here</u>, 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

thttps://suttoncoldfieldnns.blogspot.com/

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nns@ageconcernbirmingham.org.uk

f 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 disabilties?

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/

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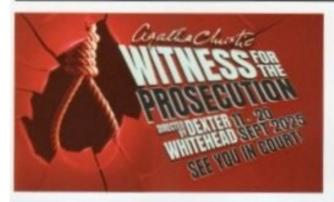
nns@ageconcernbirmingham.org.uk

f Sutton Coldfield NNS





WELCOME TO SUTTON ARTS THEATRE 2025-26 SEASON















BOX OFFICE 0121 355 5355



HIGHBURY PLAYERS

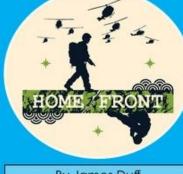
2025/26 SEASON



By Agatha Christie

16 – 27 Sept 2025

Classic story from the Queen of Crime



By James Duff

21 Oct – 1 Nov 2025

How does a soldier adjust?



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



By Alan Bennett

27 Jan – 7 Feb 2026

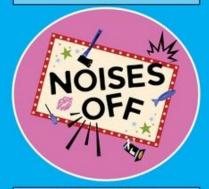
How hard can clearing an estate be?



By Nick Payne

16 - 21 Feb 2026

One relationship. Infinite possibilities



By Michael Frayn

10 – 21 March 2026

Welcome to a tour de farce



By Peter Quilter

21 Apr – 2 May 2026

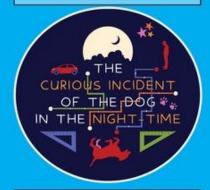
Untrained singer conquers Carnegie



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.

C 7

0121 373 2761

highburytheatre.co.uk/

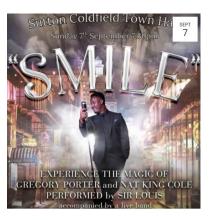
Sutton Coldfield TOWN HALL

J 0121 296 9543

What's On: <u>suttoncoldfieldtownhall.com/events/</u> enquiries@suttoncoldfieldtownhall.com



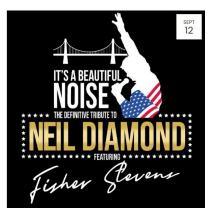






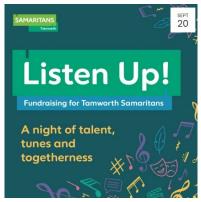














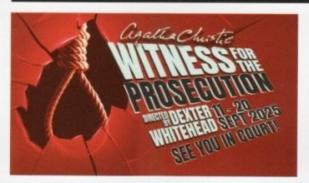
SUPPORT US

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...

https://suttoncoldfieldtownhall.com/events/



WELCOME TO SUTTON ARTS THEATRE 2025-26 SEASON













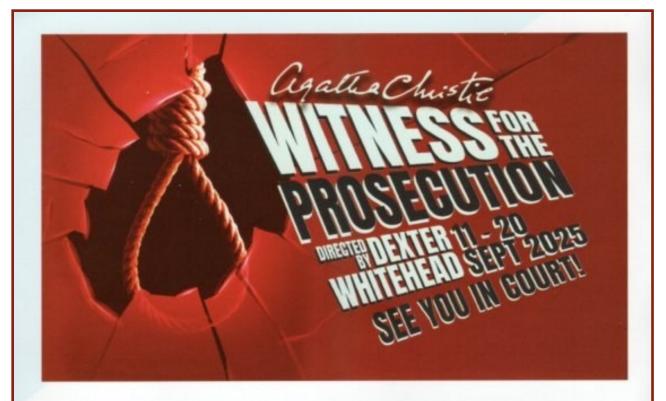


DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF

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 INTERSTED 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...

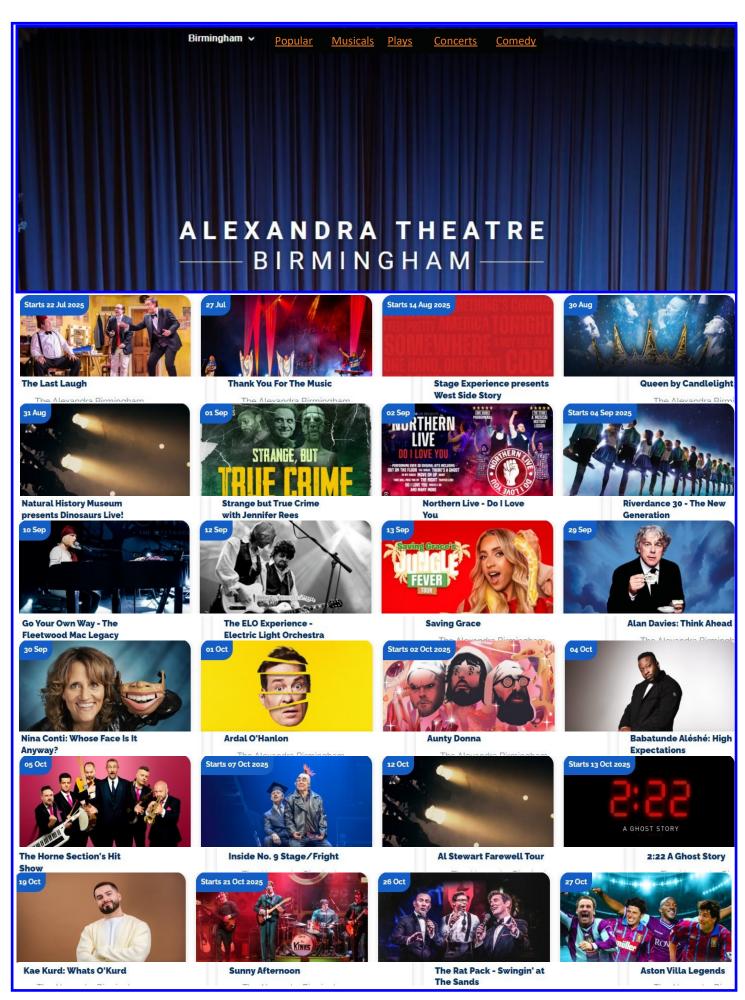
Agatha Christie's gripping story of justice, passion and betrayal.

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



For What's On at the Alex, please click here.



Box Office 01543 412121 WHAT'S ON I CINEMA SUPPORT US GET INVOLVED ABOUT US COVID-19 ACCESSIBILITY



ROCK FOR HEROES

Sat 26 Jul



CIRQUE: THE **GREATEST SHOW -**REIMAGINED

Sun 27 Jul



For kids school years 7-9

FAMILY HUB SUMMER SCHOOL DRAMA CLUB (11-14)

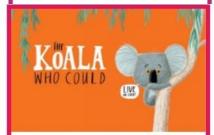
Tue 26 Aug



For school years 10-13

FAMILY HUB SUMMER SCHOOL DRAMA CLUB (14-18)

Tue 26 Aug



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

THE KOALA WHO COULD

Thu 28 - Sat 30 Aug



ANDRE RIEU'S WALTZ THE NIGHT AWAY

Sat 30 Aug



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



Box Office 01543 412121 WHAT'S ON I CINEMA SUPPORT US GET INVOLVED ABOUT US COVID-19 ACCESSIBILITY



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



Winter 2021/22 Welcome back, Birmingham

birminghamhippodrome.com 08443385000*



Events & Venue Tours

Behind The Scenes Tours 25/26

Sat 21 Jun - Sat 23 Aug

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

Our knowledgeable volunteers and Visitor Services Assistants will share captivating stories from the theatre's past as you peek behind the scenes and explore the public and private areas of this fascinating building. You will also get to meet one of our technicians who will explain just what it takes to get a show onto our stage. Please note that the tour does not include access to the Hippodrome stage due to the different needs of each production. Each tour is fully accessible apart from the auditorium boxes, which are accessed via stairs.

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

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

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

The timeless score includes the classic songs by Richard M. Sherman and Robert B. Sherman; Jolly Holiday, Step in Time, Supercalifragilisticexplaildacious and Feed the Birds with new songs and additional music and lyrics by the Olivier award-winning British team of George Stiles and Anthony Drews Family & Pantomime, Musicals

Birmingham will be magic again

MARY POPPINS

Wed 16 Jul – Sat 23 Aug



Birmingham Hippodrome in association with Vick Graham Productions

Hot Mess: Birmingham Hippodrome Previews

arth and Humanity? It was never going to last

Thu 24 Jul - Fri 25 Jul

From the creative duo behind 42 Balloons comes a

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

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

This production is supported by Charles Holloway OBE.

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

Musicals

National Youth Musical Theatre in partnership with



Where dreams meet destiny

Thu 7 Aug – Sat 9 Aug





Musicals

National Youth Musical Theatre in partnership with Birmingham Hippodrome presents

NYMT 2025 - Tuck Everlasting

What would you do if you could live forever?

Thu 14 Aug – Sat 16 Aug

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

National Youth Music Theatre in partnership with Birmingham Hippodrome presents **Lightning Boy**. Sixteen-year-old Zeus is trapped in a storm, struggling to survive under the oppressive rule of his tyrannical father and dysfunctional brothers. By day, he works tirelessly at the Sky High Diner atop Mount Olympus with his loyal friends, the Olympians, and his forbidden mortal love, lo, dreaming of a freedom that always seems just out of reach. But when an unexpected betrothal, sudden banishment, and a treacherous political plot shake his world, Zeus must race against time to discover what kind of god – and man – he's truly destined to be.

Musicals

National Youth Musical Theatre in partnership with

NYMT 2025 - Lightning Boy

What kind of god - and man - is Zeus destined to be?

Thu 21 Aug - Sat 23 Aug





Family & Pantomime, Festivals & Outdoor Events

Produced by Birmingham Hippodrome in partnership
with Bullring

Birmingham Weekender 2025

Sat 23 Aug - Mon 25 Aug

Birmingham Weekender takes over the city between Sat 23 – Mon 25 2025, with free amazing performances, fantastical installations, pop up experiences and new commissions from a host of regional, national and international companies.

Produced by Birmingham Hippodrome in partnership with Bullring, Birmingham Weekender will spread across the whole city on streets, in squares and shopping centres and in the sky above the city.

Stay up to date on all the latest information as it's announced by social following us on social media!

For What's On at Birmingham Hippodrome please click here.





INSPECTOR MORSE: HOUSE OF GHOSTS

Thu 28 Aug-Sun 14 Sep 2025

Tue 16 Sep-Sat 20 Sep 2025

MURDER AT MIDNIGHT

THE BOY WITH WINGS

Thu 21 Aug-Sat 30 Aug 2025

One boy's interstellar, actionpacked quest to save the galaxy...

Soars with imagination" *** - What's On Stage

Tunde is an ordinary 12-year-old boy who just wants to hang out with his best friends and practice parkour, but his adoptive Ma won't let him play any sports, let alone do anything DANGEROUS! But Tunde's had enough of playing it safe and when his late-night freerunning goes wrong - he suddenly sprouts giant wings!

Crashing back to earth with his new feathery accessories, he meets a furocious feline from the planet Furlean, and discovers that his dad isn't away on business after all... he's a powerful alien warrior who needs Tunde's help.

Aided by a chirpy chorus of birds, his rap-battling besties and his newfound powers, Tunde is ready to fly in the face of danger and save the world.

Adapted by **Arvind Ethan** David from Sir Lenny Henry's hilarious book, The Boy with Wings is an out-of-this-world adventure with music, puppetry and space rifles, showing us that what makes us different can be our superpower.

Keeps everyone smiling" ★★★ - The Stage

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 longrunning *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

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



Additional wellbeing offerings here at Studio27 Wellbeing hub





Personal Training 1-2-1 Wellbeing Support Nutritional Guidance





Membership & Pricing



Pay as you go

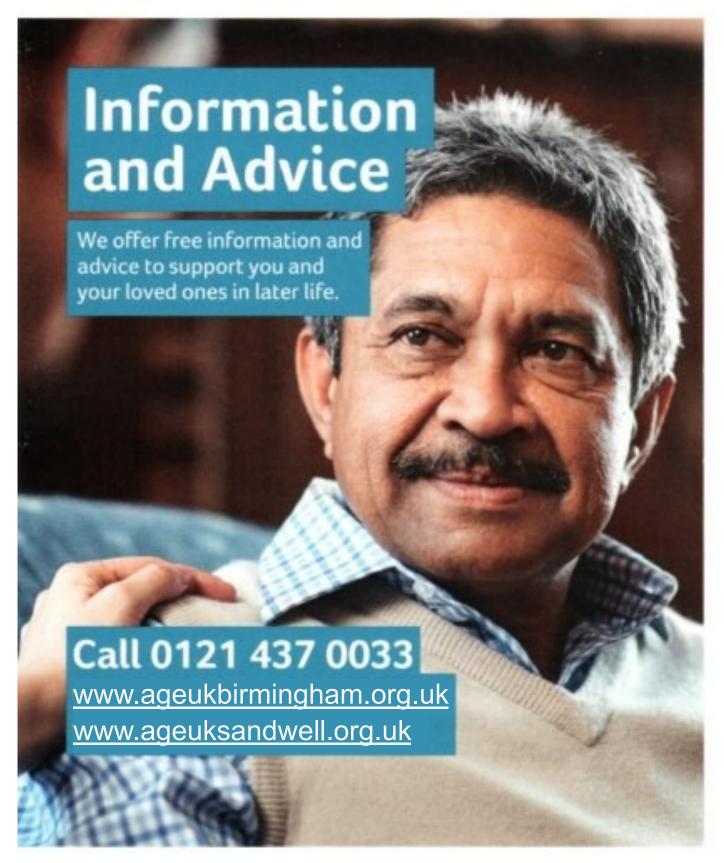
Current prices Price from 1st July 2024 Adult £7 Adult £8.50 Child £6 Child £7.50

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







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

<u>info@ageuksandwell.org.uk</u> <u>www.ageuksandwell.org.uk</u>









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

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

Information and Advice

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

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

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

Opening Hours

Our phone lines are open:

Monday - Friday

9:30am - 3:30pm

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



Information Guides

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

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

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

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

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

www.ageukbirmingham.org.uk www.ageukbirmingham.org.uk

© 0121 437 0033



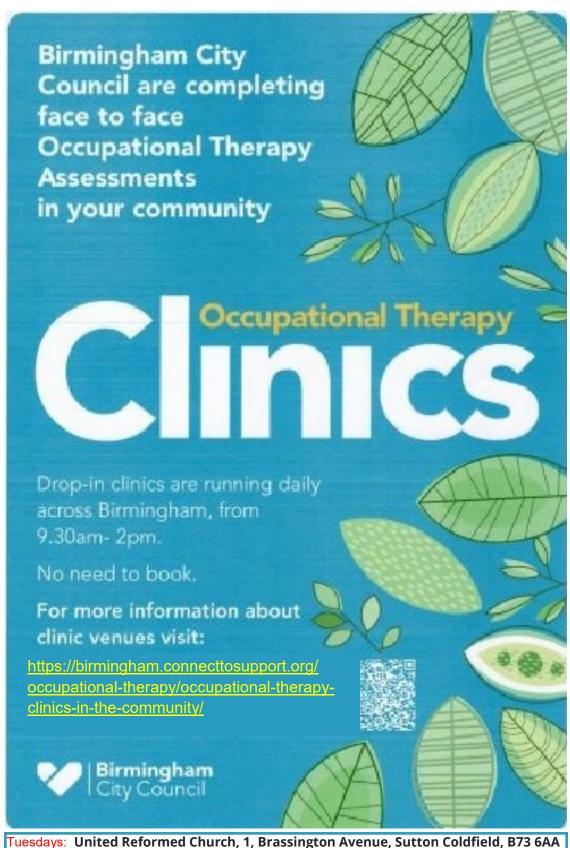


Carers Support Group

SUTTON COLDFIELD UNITED REFORMED CHURCH

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





AM session: 9:30 -12pm; PM session: 12:30pm-2pm

ERDINGTON WELLBEING HUB WITTON LAKES ECO HUB 196 High Street, Erdington B23 6SJ Tel: 0121 827 6295 Witton Lakes, Gypsy Lane, B23 7XX Welcome to a new era of service and support for Erdington residents. Welcome to a new era of service and support for Erdington residents.

ARTHRITIS HELPLINE

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

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

CALL US FOR FREE 0800 5200 520

VERSUS ARTHRITIS



CALL US FOR FREE 0800 5200 520

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



M 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

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

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

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

<u>Let's Move for Surgery:</u> 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

VERSUSARTHRITIS





Mercia Grange care home, Sutton Coldfield

Coffee, cake & friendship cafe

First Tuesday of every month 2pm - 4pm

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

Experience a tour of our beautiful care home, whiist 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





Mercia Grange care home, Four Oaks

Feel good fitness

Last Thursday of every month, 2pm - 3pm

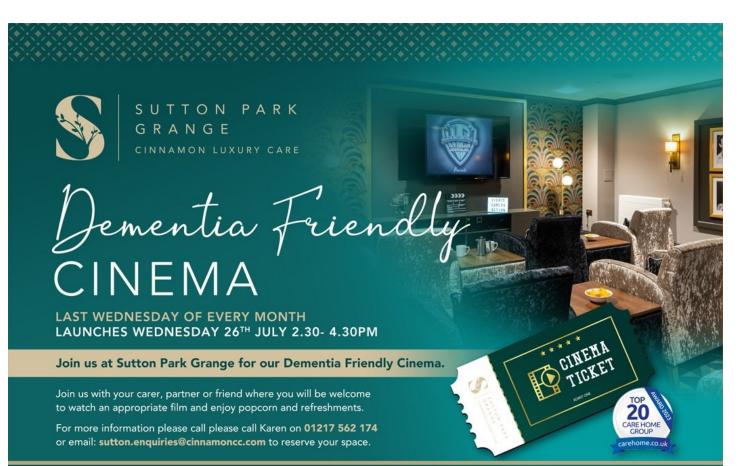
Join us for our monthly gentle exercise classes! Our feel-good fitness classes help you stay active and mobile, enabling you to live more independently. Meet other, like-minded members of the community and enjoy light refreshments in our Saddlers café after class.

Trusted to care.



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





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



DEMENTIA CARE

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY

RESIDENTIAL CARE

www.cinnamoncc.com/suttonparkgrange

BANNERSGATE COMMUNITY CENTRE SUTTON COLDFIELD B73 6UR







British Sign Language (Birmingham)

Classes on:

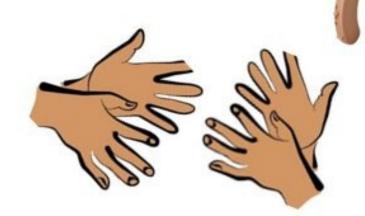
Banners Gate Community Centre, Sutton Coldfield B73 6UR The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email -bslsilver2022@gmail.com

www.bslsilver.co.uk

North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved. Here are some of the cats currently looking for a home:











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





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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell sheilapennell@talktalk.net



Annual health checks for those who are diagnosed with dementia

Birmingham and Solihull Integrated Care System Caring about healthier has

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?

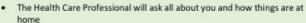
20-30 mins



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?



- · 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, <u>Birmingham Carers Hub</u>, <u>Carers Trust</u> <u>Solihull</u>, <u>Alzheimer's Society</u>, <u>Memory Assessment Service</u>

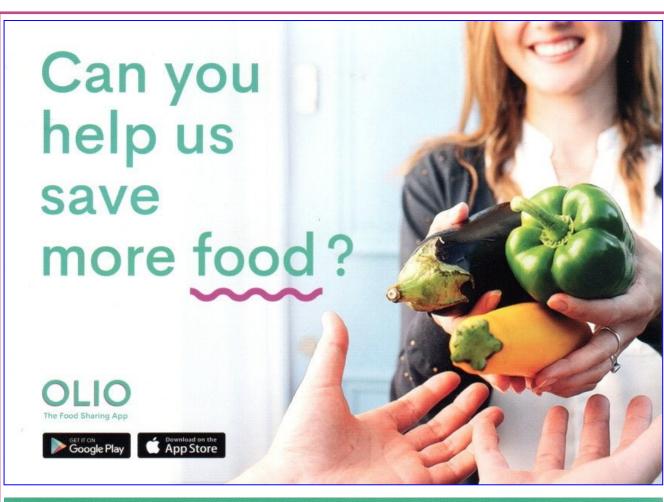


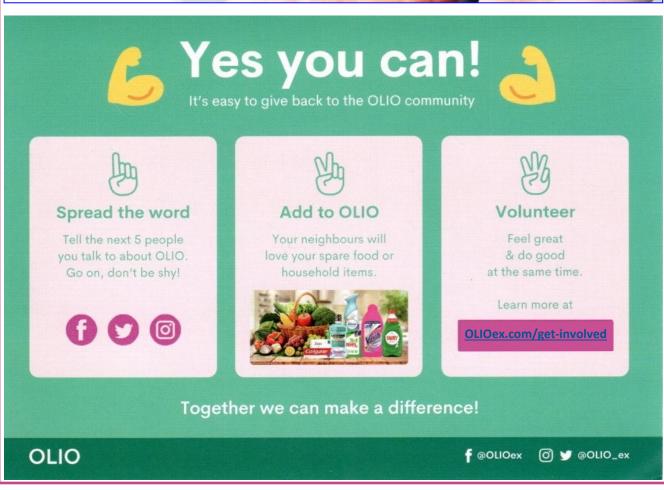






Birmingham and Solihull
Mental Health
Mis Foundation Bust





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 -



Living Well





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.

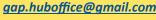
We would love to welcome you onto our team! If you have a heart for young people and seeing them thrive in life please do get in touch. You can do this by emailing us at or scanning the QR code to go straight to our website!

CONTACT US

Senior youth worker 07565542976

gap.huboffice@gmail.com













OutThere!

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 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 (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

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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."



"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!"

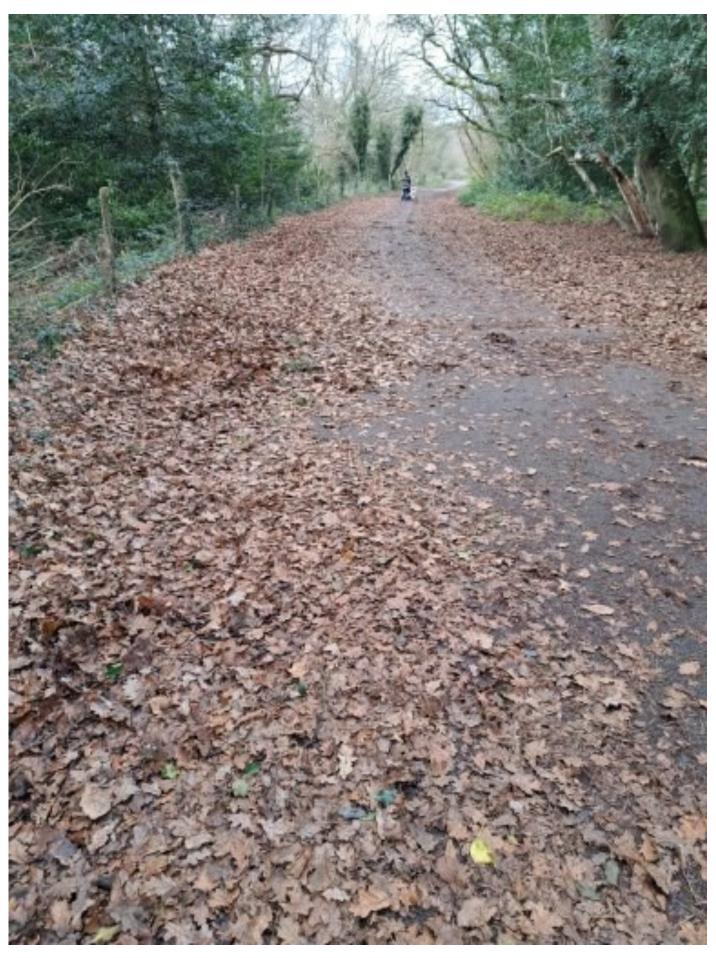
(Derek – Sutton Coldfield)

(Ian - Sutton Coldfield)

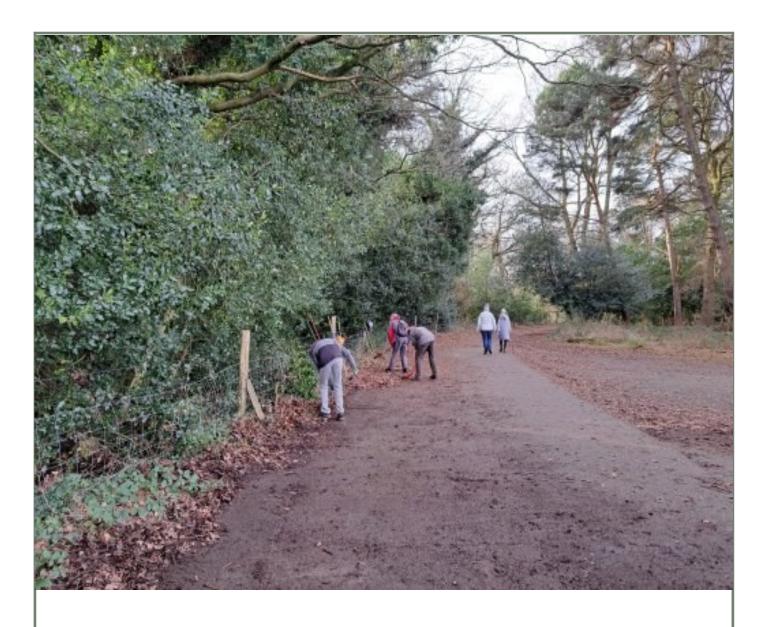
- Do you enjoy playing or listening to live music?
- Do you like socialising and meeting friendly people?
- Are you a beginner or an experienced guitarist?
- If so, the Sutton Coldfield Acoustic Guitar Club is the place to go.
- We meet at the Royal British Legion Club, Rectory Road, Sutton Coldfield, 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.





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





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 Spa

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













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
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INTERESTED?

Contact us for more information

To register your interest in joining the North Birmingham team,

contact Natalie Sparrow at nsparrow@wcg.ac.u or 07799 843722

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Banners Gate Neighbourhood Forum Meetings

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

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

If you need any information please message on 07964 213 229