

Banners Gate & Parklands Community & Neighbourhood Forum

197th September 2025

bannersgateneighbourhoodforum.com

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Subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line.
Alternatively, you can click on the address under the date above.

The next Banners Gate Neighbourhood Forum meeting is on Thursday, 27th November, 7.30pm at the Community Hall in Reay Nadin Drive, B73 6UR. We are hoping to have a police presence from Sutton Coldfield and Kingstanding for an update on the local concerns.

It is an open meeting and all are welcome, coffee/tea and nibbles provided.



Rob Pocock: MORE NEWS ABOUT SUTTON PARK

Following my piece last month about the Annual Sutton Park Wildlife Nature Tour in September, there's another

event now coming in October. This time it's an official Archaeology Walk, starting from the Banners Gate entrance on Sat 11th October, leaving 11am.

This will be led by Dr Mike Hodder, former City Council Archaeologist and now a retired member of FOSPA (Friends of Sutton Park Association – a great and longstanding group of volunteers, find them on www.fospa.org.uk). Dr Hodder will walk visitors round the many historic sites in the Park. Don't forget – in addition to the Park being a National Nature Reserve and a Site of Special Scientific Interest, it is also a nationally recognised 'Scheduled Ancient Monument'!

No booking is needed for this event, please note it's £3 for non-FOSPA members. While on the wider subject of the Park, a few recent 'nature notes':

- The cattle are now back at their winter quarters in Staffordshire countryside after the summer grazing season in Sutton Park. They had to go home early because of a surfeit of acorns threatening their daily diet!
- The Ponies are to be rounded up shortly for their autumn 'vet check'. We have a number

- of ageing ponies, over 20 years old and nearing the end of their natural lives. The herd may be stocked up with new arrivals if necessary next autumn.
- There is now an agreed Woodland Management Plan for the next 10 years approved by the national regulator Natural England.
- Concrete blocks probably from the old WW1
 Military training camp have been exposed
 after the recent scrubland fire around
 Boldmere Gate. Dr Hoidder's archaeology
 team are investigating!
- Finally, great news from the City Council
 who have formally designated the Sutton
 Park National Nature Reserve as a
 'Destination Park' status this should
 enable extra resources and wider
 sponsorship such as from the National
 Lottery to be levered in in future.

BOLDMERE LIBRARY SAFE AT LAST!

Finally, I'm delighted to announce that there is an agreement at last between the City Council and the Sutton Town Council that will retain the Boldmere Library long-term. The City Council retain the premises and keep the Library staff on the payroll as professional City Librarians, and residents will continue to get full access to the whole City bookstore; meanwhile the Town Council take on the day-to-day supervisory running costs over the years to come.

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com Next deadline: October 30th



Max Hatton: away at the conference, sorry.

BANNERS GATE COMMUNITY ASSOCIATION

Together with

GUIDE DOGS FOR THE BLIND

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

PRICES OF GARMENTS ARE REASONABLE.

SATURDAY 22ND NOVEMBER 1-30 AT THE COMMUNITY HALL. REAY NADIN DRIVE.

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

ALL PROCEEDS GO TO GUIDE DOGS.

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

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



John Cooper: Of all the matters on our minds one matter currently takes the lead; Royal Sutton Coldfield Libraries. Labour BCC in its efforts to assist its financial frailties had decided to close Seven libraries throughout the city, oddly three of those seven are in RSC, somewhat disproportionate

given the size of RSC within BCC.

It is interesting to note that two Labour Councillors within Vesey Ward voted in favour of this plan even though one of those libraries is Boldmere Library.

In an attempt to pacify residents of Vesey, Labour proposed a scheme whereby they continued to manage the service and the Town Council paid for that service with the added bonus of the community being able to use the premises on the days the library was closed. The Town Council has over the last 8 years paid c£1.2m to the City to enable the Library at the Red Rose centre to stay open. During this time the Town Council has been allowed no input as to the management of the Red Rose Library. You will not be surprised therefore to learn that the Town Council is not prepared to continue to put money into the black hole that is Labour BCC finances.

Accordingly, the Town Council's plan for our remaining Libraries, namely Boldmere, Walmley and Mere Green is to take over the management of these three Libraries along with the community Centres at Walmley and Mere Green extending the opening hours of all three libraries. BCC will continue to fund Four Days at Mere Green with the Town Council extending the opening hours of all Three by one day.

This is the Town Council working for residents of RSC and acting in their interests to provide an extremely important and valuable service all.

John Cooper

Sept '25

<u>John.cooper@suttoncoldfieldtowncouncil.gov.uk</u>

John.cooper@suttoncoldfieldtowncouncil.gov.uk

https://suttoncoldfieldtowncouncil.gov.uk/wp-content/uploads/2024/10/Strategic-Plan-Consultation.pdf
townrangers@suttoncoldfieldtowncouncil.gov.uk
johncooper@suttoncoldfieldtowncouncil.gov.uk



Anja Pawson

Local Campaigner in Sutton Vesey

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

Campaign Success!





Boldmere Library has been SAVED!





For over a year, John Cooper and I have campaigned to save Boldmere Library, after Labour-run Birmingham City Council voted to close it. Now working with residents, we have secured victory and saved our local Library from Birmingham's planned closure. We are grateful to the Conservative-led Royal Sutton Coldfield Town Council for stepping in to secure its future.

Thank you to everyone who supported this important campaign.

Email us at: veseyward@gmail.com

And follow us on Facebook/Instagram via VeseyNews





Monday

Carers Hub drop-in: 9.30am until 12pm - weekly

Our advisors can provide information and advice today. Pop in and have a chat, no appointment necessary.

Knit and Natter: 10am until 12pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Tuesday

Allotment Group: 10am until 12pm - weekly

Talk all things gardening with the Communitea Allotment group, you will find us at the allotment if the weather is nice.

Dementia Carers drop-in: 10am until 12pm - weekly

Drop in advice and information for unpaid dementia carers.

Stroke Support Group: 10am - 7th and 21st Only

Bringing together friends and families who have experienced the impact of stroke through our supportive group.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

Friends For Life Veterans Group: 1pm until 3pm - weekly

Our group aims to bring together all ex service personnel to make new friends.

Wednesday

Community Police drop-in: 11am until 12pm- 1st and 15th Only Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

From benefits advice to saving energy at home. No need to book, just drop in.

Friendship Group: 11am until 1pm - weekly

Come down for a chat and a cuppa - everyone welcome!

Digital Inclusion 3pm until 4pm - weekly

Joe will be in the cafe lending a hand for all your tech needs!

Thursday

Parkinson's UK: 10am until 12pm - 2nd and 16th Only

A group welcoming those with Parkinson's and their families and

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

Knit and Natter: 2pm until 3:30pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Craft and Knit Group: 10am until 12pm - weekly

Come along to our new craft group, previously held at the Sutton Library. Don't forget to get yourself a cuppa and maybe even a slice of cake.

Friday

Art Group: 10am until 11.30pm - weekly

A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment.

Advice Cafe: 11am until 2pm - weekly

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

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

NEW - AWOC Support Group: 10am - 24th Only, Then Fortnightly Are you growing older without children nearby - or without children at all? Our Aging Without Children group offers a warm, welcoming space to share experiences, build friendships and support one another.

Saturday

Legal Services Drop In: 10am until 12pm - 4th October Only Drop in to speak to our legal partner Jane from Wills Made Clear if you need advice on a will, lasting power of attorney or trusts!

Afternoon Tea - Saturday 8th November Only
Enjoy our afternoon tea with friends or loved ones for just £12.50
per head. Booking essential - Turn over for details!



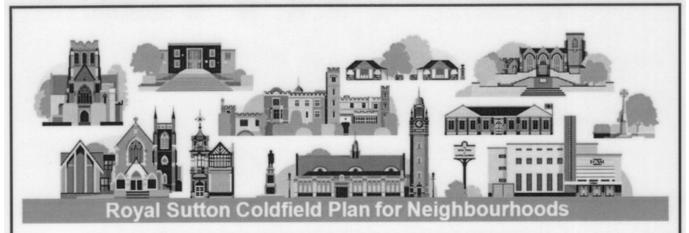
Healthy eating and managing diabetes - free event at Mercia Grange



BOOK NOW

Wednesday 15th October 2025, 2pm - 4pm

In our interactive workshop, learn the science behind eating healthily with diabetes with interesting insights, practical tips, and simple food swaps. A chance to ask questions and sample healthier twists on classic recipes.



HELP SHAPE THE FUTURE OF ROYAL SUTTON COLDFIELD

Dear Resident or Business

We are delighted to confirm that Sutton Coldfield has been chosen as one of 75 towns across the country to receive up to £20 million, over the next ten years, as part of the UK Government's Plan for Neighbourhoods programme.

Simply put, the programme is designed to:-

- Help local neighbourhoods thrive;
- Make communities better able to tackle the challenges they face;
- Ensure local people have a real say in what happens in their area.

We are part of a 17-strong independent Neighbourhood Board, comprised of local community leaders and business representatives from Sutton Coldfield, which is in place to manage the funds and oversee the creation of a plan to put the money to good use.

The government requires that investments are considered across a range of categories including; enhancing community cohesion, regenerating high streets, enhancing green spaces, promoting skills provision and business support, tackling housing needs, and promoting health and well-being.

We now need you to help shape the future of Sutton Coldfield.

Please complete this survey in order to tell us how you feel about Sutton Coldfield, communicate the changes you would like to see made, and how you would like this funding to be spent. All completed surveys will have the opportunity to enter into a draw with the winner receiving £500 to award to a Sutton Coldfield based community group or charity of their choice.

We look forward to creating and delivering a plan together that can directly address issues in Sutton Coldfield and ultimately enhance our Royal Town for residents, businesses and visitors alike.

With thanks

Douglas Wright MBE DL

Neighbourhoods Board Chair



Rt Hon Sir Andrew Mitchell KCMG MP Member of Parliament for Royal Sutton Coldfield





Cllr Simon Ward

Leader of Royal Sutton Coldfield Town Council



https://www.smartsurvey.co.uk/s/RSCPlan



Holland House Children's Centre

Holland Road, B72 IRE Telephone, O121 752 1860 Open 8:30 am - 4:30 pm

> Limited parking is Pay and Display

> > Falcon Lodge Methodist Church

Newdigate Road, B75 7ER

Street parking only







Emmanuel Church

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

Car park available



18/08/2025 - 22/08/2025



Tuesday

Music and Movement

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

Holland House CC



Wednesday

Play and Learn

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

Emmanuel Church



Thank you for spending the summer with us!









amy.millichope@suttoncoldfieldtowncouncil.gov.uk



For people living with a dementia and their care partners

We meet on the first Thursday of the month from 12.30pm until 3.30pm at Holy Cross & St Francis Church Hall, B76 2RS for a light lunch, drinks and homemade cakes.

We offer various activities including quizzes, seated exercise, crafts, and a singalong.

There is a wide range of ways for you to connect with others in a relaxed and supportive setting.

We provide a safe, friendly environment with ample parking and easy access.

\$3

To find out more please email sunshineclub2025@outlook.com

Volunteers Wanted

Are you interested in volunteering for our dementia inclusive monthly group? Do you have personal and or professional experience of supporting someone living with a dementia

We offer extensive preparation and training supported by an experienced volunteer to enable you to fulfil the role.

For further information or to apply please contact sunshineclub2025@outlook.com









and happy in water. With the right teacher your little one can learn skills that will set them up for life; listening, talking, socialising, sharing, taking turns and making friends.

Give them the best start in swimming and you'll see the difference in their confidence, courage and capabilities.

What's the difference?

- Creating the right environment to bond
- Laying the foundation of essential life skills
- Early development of communication and coordination
- Watching your child thrive in and outside

Shaping their future from the start.



Engaging all of the baby's senses. Your baby makes the choices! All activities are done at their pace. A wonderful bonding experience.

splashers -

Learning to jump in and resurface. Action-packed lessons filled with oys, songs, and ducks, where some babies initiate their own head-down swim progression

We are 15 to 30 months Kickers .

Attempting first

Many learning outcomes are centred around personal survival, demonstrated through experiences like our Pyjama Week.

Activities are adapted to your child and the focus is on encouragement and empowerment, never forcing and never undermining.

We are Little From 30 months

Dippers Learning to confidently swim unaided. Learn essential water safety skills.

Little Dippers is full of new skills to learn; back swimming, exhaling in the water, pushing from the wall, head down and swimming to adult. And the list goes on!



Compass

Could You's Foster?

Because every child deserves to feel safe and wanted.

At Compass Fostering, we believe every child deserves a safe, loving home. Our foster carers come from all walks of life. What they share is a desire to make a difference.

You don't need to be married. You don't need to have raised children. If you're over 21, have a spare room, and want to change a young person's life, we'll be with you every step of

From day one, you'll be supported by a dedicated team, backed by therapeutic experts and 24/7 advice. With specialist training, peer networks and practical help, you'll never be doing it alone.



I want to say a massive thank you for what you have done for me. When I first came here I was scared and didn't know what to expect but you've made me feel so welcome. Thank you for treating me like family when I needed it most.

LRM, a teenager living with Compass Foster Carers

Read Anji and Andrew's story



When Anji and Andrew first explored fostering, they were motivated by a need they saw in their own community—the shortage of Black foster carers across England.

After speaking to friends who were already fostering with Compass, they felt reassured by the honest experiences shared and decided it was the right path for them. 25 years later, they've cared for many children, supported by both Compass and their wider community. As Anji explains,

You have your core foster family, but it's also about your wider community and the extended parts of that.

For them, fostering has always been about combining love, cultural understanding, and shared wisdom to give children the best possible start.

Every child needs someone in their corner. Every carer needs Compass in theirs.

With our expert support, training, and community, you'll have everything you need to succeed. Start your fostering journey today.

Scan the QR code to request some more info.





The Allotment Year

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

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

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

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

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

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

crop potatoes.

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

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

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

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

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

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

Birmingham Male Voice Choir

Featuring

Guest Artistes

Blue Sky Brass



Saturday 18th October 2025

Start 7.00 pm

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

Tickets £15 (to include light refreshments)

Available from

Meirion Bowen: 07766 301677

Warren Woodcock: 07305 971506

Francis Beirne: 07502 021179

Open day and craft fair – free event at Mercia Grange



BOOK NOW

Saturday 18th October 2025, 10am - 4pm

Join us for our local craft fair, with live entertainment, delicious food, and local stalls from local businesses throughout the day.

Meet our friendly team, on hand to provide support and guidance in caring for an older loved one and take a tour of our beautiful care home

Event: Open day and craft fair – free event at Mercia Grange

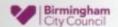
Date: Saturday 18th October 2025

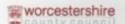
Time: 10am - 4pm

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

B74 4EH

Act on Energy is a local charity which partners with Local Authorities to offer a full home energy support service and free, impartial advice.

















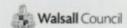


















We can offer expert advice on:

- Energy efficiency tips to reduce your bills
- Grants and funding for energy efficiency measures
- Grants for broken heating systems
- > Help with fuel bills and energy debt
- > Billing issues with your supplier



for more info go to

www.actonenergy.org.uk

Notes:

or call our free phone 0800 988 2881







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actonenergy_uk

Act on Energy is a company limited by guarantee and registered in England and Wales, number **3621022** and a registered charity number **1075679**. Registered address: Unit 2 Lauriston Business Park, Pitchill, Salford Priors, Warwickshire, WR11 8SN



13 Fascinating & Funny UK Facts to Know Before Your Working Holiday in the UK — for Canadians. Here's 4 to 8.

4. There are approximately 45,350 pubs in the UK alone (as of 2023!)

No, we are not saying you need to visit all of them during your working holiday in the UK, but you must visit quite a few, as this shows you how important pub culture is in the UK!

5. Throughout the UK there are as many as 482 festivals per year (2025). There are over 192 music festivals in London alone!

Can you imagine how many you can attend if you stay in the UK for up to 3 years? How many cool artists you can see live!!

Check out our blog on UK music festivals to learn more or read more about UK facts below.

6. Northern Ireland is one of the Game of Thrones Territories

This picturesque region is home to more Game of Thrones locations than anywhere else in the world! Slaver's Bay (Murlough Bay), the Haunted Forest (Tollymore Forest Park), Riverrun (Inch Abbey) and Winterfell (Castle Ward) are just some of the real-life filming locations. Please visit during your working holiday, if you watch the movie again after you will notice so many familiar places!

7. The UK is home to numerous UNESCO World Heritage Sites.

With over 30 listed locations, from the Roman Baths in Bath to the Edinburgh Old Town and the Jurassic Coast. These locations preserve the country's rich history.

How easy is it to travel and visit within the UK? And what's best is that as a Canadian you won't find it far at all (compared to Canada) – Did you know that there is not a single point in Britain that is more than 75 miles away from a coastline?

8. Scotland's national animal is the Unicorn

Scotland is known for its love of myths and legends, so, it comes as no surprise that a fabled creature is Scotland's national animal. And yes, even if you ended up spending most of your working holiday in any other part of the UK, we highly recommend you to visit Scotland!!

Did you know those five? More next month.



- 1. What is the capital of the Central American country Costa Rica?
- 2. Which English monarch was the signatory of Magna Carta?
- 3. Which digestive fluid is stored in the gallbladder?
- 4. Whose debut album was entitled "Greetings from Asbury Park, N.J."?
- 5. On a standard dartboard which two numbers are adjacent to the number 20?
- 6. The bands Pearl Jam and Nirvana both originated in which U.S. city?
- 7. Which English National Park borders Scotland?
- 8. Which was the first Stephen King story to make it to the big screen?
- 9. Which element has the chemical symbol Sb?
- 10.In the Royal Navy what rank lies between Captain and Rear Admiral?
- 11. Which two Arab nations have the letter Q in their name?
- 12. What is the capital of the US state of New Mexico?
- 13.In the game "Rock, Paper, Scissors", what beats Paper?
- 14. Who starred as Von Ryan in the 1965 movie "Von Ryan's Express"?
- 15. What birds were used to test for gas in coal mines?
- 16. Who created the TV series "Star Trek"?
- 17. Cagliari is the capital of which Mediterranean island?
- 18. Which 1979 movie starring Sigourney Weaver had the working title of "Star Beast"?
- 19. Who did England defeat in the final to become Women's European Football champions in 2022?
- 20. What 1980s pop singer won a 2013 Tony for Best Original Score for the musical "Kinky Boots"?

Answers "Jada"

15. Canaries. 16. Gene Roddenberry. 17. Sardinia. 18. Alien. 19. Germany. 10. Commodore. 11. Iraq and Qatar. 12. Sardinia. 18. Alien. 19. Germany. 15. Canaries. 16. Gene Roddenberry. 17. Sardinia. 18. Alien. 19. Germany.

A Senior's Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

Are you a good guesser? What are these objects. Answers on the bottom of page 21

A pointy metal tool with a metal handle that was found at a thrift store.



A pair of heavy metal legs that contain screw holes.



A big hunk of metal found near some train tracks:



3

DANCE ARGENTINE TANGO



with Franco & Julia

Now at: Oscott Social Club Witton Lodge Road. B23 5LX **Thursdays 8.30—8.45pm**

Fundamentals and techniques with practise time

8.45—10pm

With practise time Improvers / intermediate level Taking your tango to the next level

Please wear non-rubber sole shoes



Contact: Julia 0779 008 4218

Answers from page 18

- 1 It's an ice cream scoop.
- 2. They are from a Cast Iron Antique School Desk With Folding Seat.



3. From welding the tracks, there's tons of slag left behind.



WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.



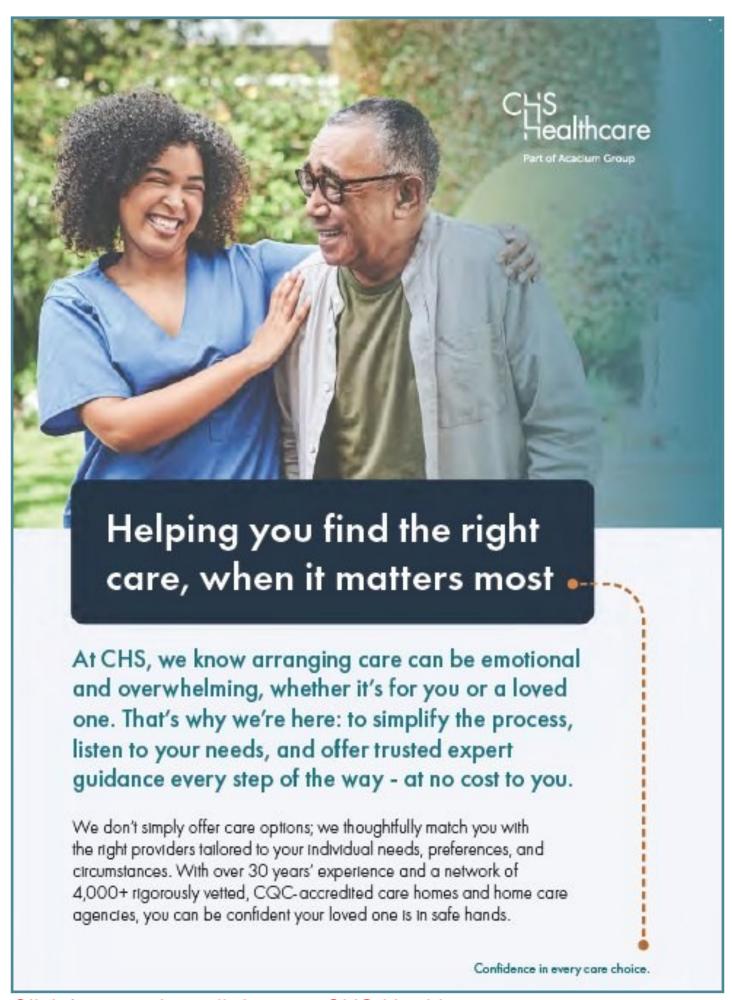




Investing in our libraries



Library upgrades to create warmer, safer spaces for Birmingham communities



Click here and scroll down to CHS Healthcare.

Tech Giant

BUY • SELL • REPAIR • EXCHANGE



Apple SAMSUNG XBOX G Pixel 2 75







Free screen protector with any screen replacement!

OUR SERVICES

- Mobile Phone Screen Replacement & Repairs
- Ipad & Tablet Repairs
- Laptop Screen Replacement
- Laptop Windows Installation
- Mobile Phone Accessories
- Mobile Phone & Tablets Software Installations
- Playstation Repairs
- X Box Repairs
- We Sell Mobile Phones
- We Sell Game Consoles







0121 824 7741



www.techgiantonline.co.uk



25 Boldmere Road, Sutton Coldfield B73 5UY

Book a household recycling centre appointment

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

See how this may affect your bin collections and what you can do with your waste.

If you would like to know more, you can find more details on our <u>Waste</u> and recycling industrial action - FAQ for residents page.

Sutton Coldfield

Norris Way, B75 7BB

Monday to Friday: 7:00am to 9:00pm Saturday and Sunday: 8:00am to 6:00pm

Booking

You can book:

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

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

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

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

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

Book an appointment

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

- driving licence
- utility bill

Council tax bill - paper or digital

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



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

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

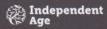
SUPPORT

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

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

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

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



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

independentage.org

StreetSafe ONLINE REPORTING TOOL

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

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

You can anonymously report behavioural or environmental concerns such as:

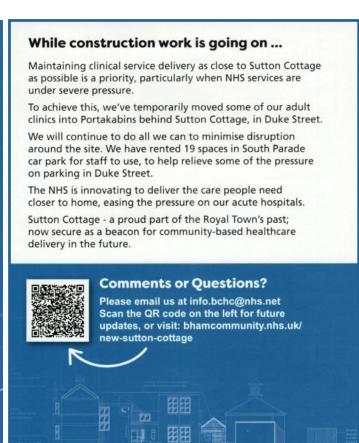
- · Poor lighting
- . Lack of CCTV
- · Signs of drug use
- · Feeling of being followed/ have previously been followed
- Verbal harassment

Visit Police.uk/StreetSafe

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







For design / print enquiries email: creative.hub@nhs.net Correct at time of printing: 10th January 2025 • Ref: 02278





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

Birmingham Talking Newspaper For The Blind And Visually Impaired

btnbvi.org

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

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

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

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

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

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

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

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Clothes and Shoes

Bags and Accessories

Books, CDs and DVDs

Homewares

Toys and Games

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

British Heart Foundation

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

0121 355 5848

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

giftaid it

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

SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

Mondays:

Gaming Club 4-6pm (Monthly, dates advertised online)



Tuesdays: Home Ed Group 12-2pm Lego Club 4-6pm



Thursdays:

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



Fridays:

Story time Home Ed Group 1-3pm Youth Club (11+) 5-6.45pm (email for waitlist)



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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

SQUARE PEG Activities

www.squarepegactivities.org

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



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

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

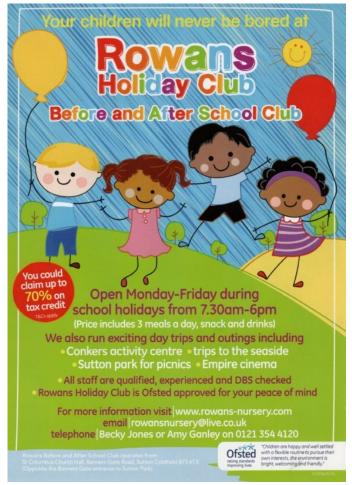
£3 suggested donation

To book please email:
info@squarepegactivities.org

SQUARE PEG Activities Where square pegs fit in

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







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







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

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

Please contact 0121 362 3650 for more information if:

- *You are feeling isolated, or would welcome the chance to meet new people in your community.
- *Maybe you already run a coffee morning/community group and would like to work with us to widen your reach.
- *You would like to increase your social opportunities.





slimmingworld.co.uk

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Classes at St Columba's Church

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



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

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

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

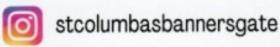
https://www.justgiving.com/hopefoodnb

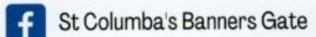
Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

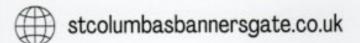
Church@4 a relaxed time for adults and children together

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

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







All are welcome - there is no charge for anything

"Keeping your body active & healthy is the most important thing you can do for yourself.

Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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

Contact us for prices and more information: Jackie.Taylor@extracare.org.uk











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

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

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







Sing Me Sunshine is my lovely singing group for all!

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



St Columba's Church hall All Saints' Church Centre **Banners Gate Road/ Chester Road North** Sutton Coldfield B73 6TX



living with health issues, I'd love you to come along and let

Make new friends, feel positive and have some fun!

Come on your own, bring a friend, family member or caregiver.

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

New Oscott Village SPECIAL SUMMER OFFER!

Special offer for Banners Gate forum subscribers

Get 7 months for the price of 6 or 14 months for the price of 12

14 months for the price of 12 Monthly memberships also available

Come and have a look around

Why Choose Us?

START TRAINING TODAY



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

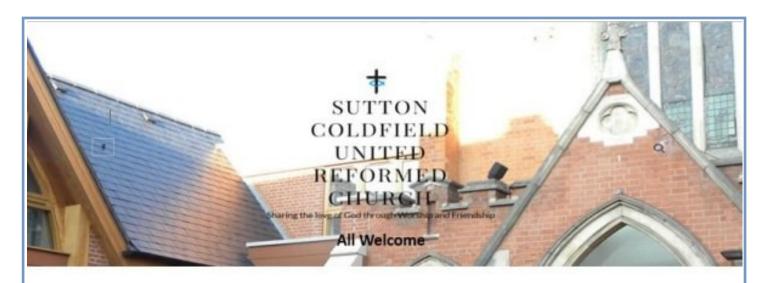
- ☆ Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- Flexible Membership Options: We understand that everyone has different schedules, preferences, and budgets, so you can choose from our flexible membership options. To make fitness fit seamlessly into your lifestyle, we are open 7 days a week.
- Caring and Knowledgeable Staff: We are committed to providing personalized attention and support. Whether you're a fitness enthusiast or just starting, our Fitness Instructor is here to guide you every step of the way.

ExtraCare
Charitable Trust

0121 377 5000

Jackie.Taylor@extracare.org.uk

New Oscott Village, Fosseway Drive, Chester Road, B23 SLD



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:

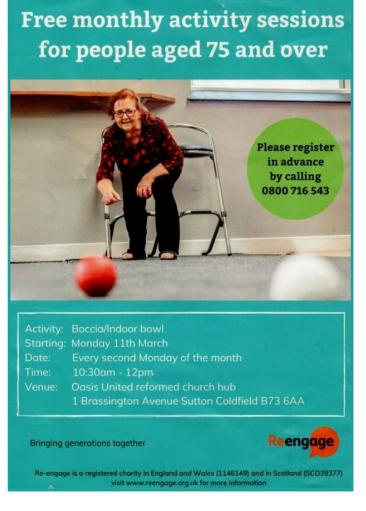
Sutton Coldfield United Reformed Church, 1 Brassington Avenue, Sutton Coldfield, B73 6AA

Or at out website: WWW.SCUrc.org.uk











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.





to people in your community.



Volunteer with FoodCycle!

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



Location

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



When

Monday



Time

1:00 pm



Contact

falconlodge@foodcycle.org.uk



Family Friendly

Yes



Accessibility - Disabled Toilet

Yes



Accessibility - Disabled Parking

Yes



Accessibility - Flat

Yes







Are you interested in Art?

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

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

www.suttoncoldfieldsocietyofartists.co.uk www.suttoncoldfieldsocietyofartists.co.uk

suttoncoldfieldsocietyartists







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

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

Also, I'm going to assume you've heard this but just in case: https://www.airliners.net/forum/viewtopic.php?t=1113747



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



ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!



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



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



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



0330 122 6145 Sutton Coldfield Cricket & Hockey Club, B75 7RS

STRICTLY LIMITED PLACES
CALL NOW

SIP 'N PAINT

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



Location:

St James Church Centre 59 Mere Green Road B75 5BW

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

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







Sutton Coldfield Photography Club





The friendly club

All visitors and new members welcome at any level of experience. We have a varied programme of talks, competitions and activities.





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

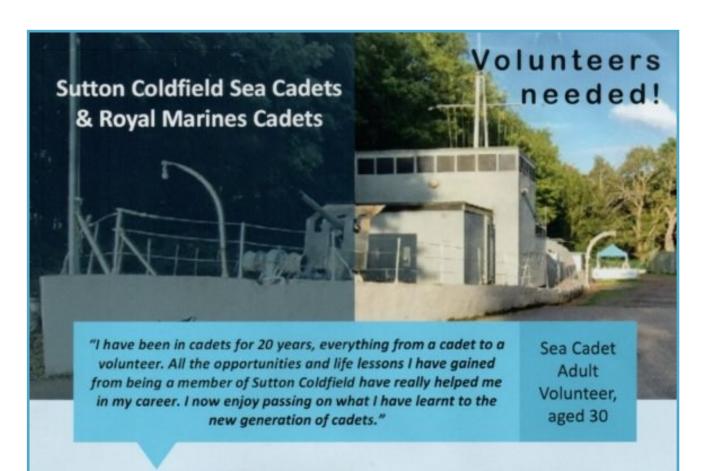
Contact us at
mail@suttonphoto.club
Find us at
www.suttonphoto.club
or scan the Flowcode here

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

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



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







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





Tyler Shaw (She/Her)

Delivery and Outreach Coordinator

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

tyler@squarepegactivities.org

0121 824 0508 07782 171 954

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

www.squarepegactivities.org

f @squarepegcharity

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

Funded by











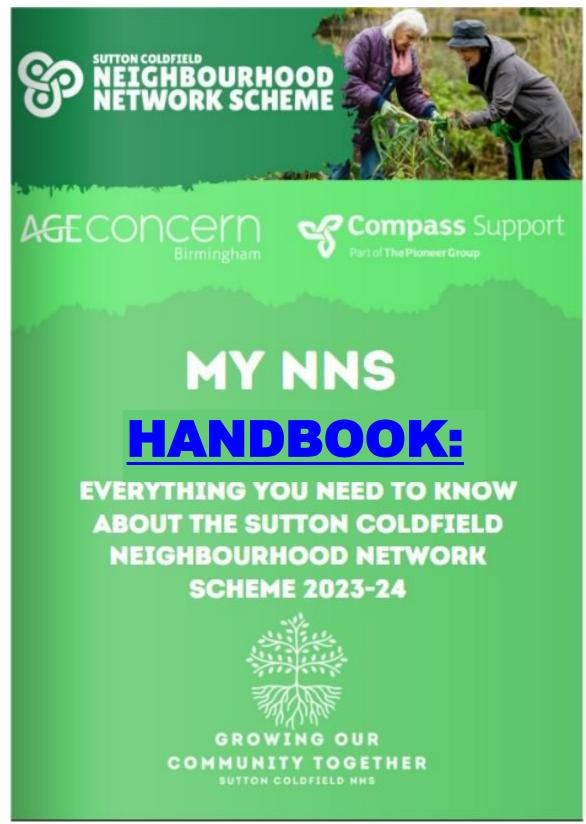
Edward Gostling, Barbara Ward Children's Charity & Happy Days

Working in conjunction with









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

https://birmingham.connecttosupport.org/



UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

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

Sowhat's new?

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

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

We are also delighted to announce that we are now open on Sundays, even more opportunity for

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





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









ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415











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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567

www.applyforleap.org.uk

LeapService 18:45am-5:30pm Monday to Friday





ARE YOU ELIGIBLE?

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

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





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

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

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





Spitfire Advice and Support Services

At Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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

Tribunal Representation

















Student safety: protect young people from fraud and cyber crime

Students can be a prime target for fraud and cyber crime. Whether you're banking, browsing, shopping, dating, gaming, or sharing content on social media, it's crucial to take steps to protect yourself. Follow these steps to secure your personal and financial information.

Job Application Fraud



Students looking for job opportunities can be targeted by fraudulent adverts aimed at stealing personal information or money. Students might be asked for an upfront payment for a fake consultation or extra help finding a job, but the fraudster does not deliver. Stay safe by:

- Fraudsters will often use fake job adverts and impersonate legitimate companies to lure job seekers. Always do some research to check that you're dealing with a genuine employer.
- A legitimate employer or agency will not ask you for money to work for them.
- Look out for job offers that claim they can make you rich quickly and offer incredibly high salaries for very few hours.
- Use trusted recruitment websites to find jobs and research an employer to check they
 are real before handing over any personal details.



Rental Fraud

Looking for student housing? Rental fraudsters often target students looking for university housing, asking you to pay advance fees for properties that don't event exist. Follow our tips here:

- Always view the property: You, or someone you trust, should view the property in-person before you sign any contracts or make payment.
- Overseas students and workers: If you need to secure accommodation in the UK from overseas, seek advice from the employer or university you are coming to. If you are unsure about anything a prospective landlord is asking you to do, speak to a trusted friend or family member, or seek professional independent advice.
- **Signs of fraud:** Use the information provided in the property listing, such as the address and photos, to look online for what other information you can find about the property you would like to rent. Fraudsters often steal information from legitimate listings to create fake listings of their own.

Payment: Where possible, avoid bank transfer payments; use credit or debit cards for better protection against fraud.

General online safety tips

Here's how you can protect yourself further as you start your new university year:

- Protect your accounts: Use unique passwords for each account. A strong password is key—try using three random words and enable 2-step verification (2SV) for extra security.
- Pay safely: Avoid paying by bank transfer and don't feel pressured into quick payments. Use a credit card for online purchases whenever possible.
- Beware of unsolicited messages: Fraudsters often use emails, texts, and social media to lure you in. Always double-check before making any purchases or paying upfront fees.

Report suspicious emails to: report@phishing.gov.uk

Report suspicious texts or scam calls to 7726 (free of charge).

Have you been a victim to fraud?

If you've lost money or shared financial information due to online fraud, contact your bank immediately and report it to Action Fraud at actionfraud.police.uk or by calling 0300 123 2040. In Scotland, contact Police Scotland at 101.







Advice for keeping students safe online

Dear resident.

If you have children or grandchildren going to uni this month, you might find our latest advice on keeping them safe online useful to share. Or, if you are a student, this is for you!

Starting at uni or college means a lot more happens online — from managing courses to sorting out money and a social life. With so much going digital, it's super important to know how to stay safe and avoid the common online risks. Our Get Safe Online experts have put together some super easy tips to help you stay protected without getting in the way of your busy student life. Learn more here:

Be a safe student - Get Safe Online

Or in our attached leaflet.

With kind regards,

the Get Safe Online team

Attachments

Sept25 Student campaign Leaflet.pdf





Message Sent By Get Safe Online







Phone Scams

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

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

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

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

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

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

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

<u>45788196-0bc9-42a4-87cc-371f2710914e.pdf</u> (neighbourhoodalert.co.uk)

Attachments

Phone Scams Booklet - Final.pdf



Message Sent By

Stefanie Sadler

West Midlands Police, Engagement & Consultation Officer, Birmingham

Partnerships)

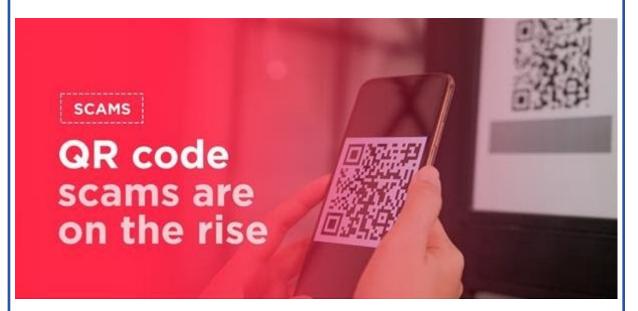






New quishing alert: £3.5 million lost last year to fraudulent QR codes

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



April 2025, with almost £3.5 million lost.

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

Claire Webb, Acting Director of Action Fraud, said:

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

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

...continued from last page

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

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

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

What can you do avoid being a victim of quishing?

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









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

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

Trusted to care.

unique pampering experience.



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





Sutton Coldfield Neighbourhood Network Scheme (SCNNS) are pleased to launch their new monthly email newsletter. Please sign up to the mailing list by emailing nns@ageconcernbirmingham.org.uk to receive updates on newly supported projects, asset news and training opportunities.

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

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

What's On at Streetly Community Library Autumn 2025

1st Wednesday of each month 11-12 Adult Reading Group
2nd Wednesday of each month 10.30-12 Poetry Group
3rd Tuesday of each month 11-12 Crime Club Reading Group
3rd Wednesday of each month 10-12 Knit, Stitch and Chat

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

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

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

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

3rd Saturday of each month 9.30-11.30 and other Saturdays 11-1 Local Councillors' Surgery—

no appointment needed

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

CV and job search help from Walsall Works - various dates available, please ask at the counter to book an appointment

Tuesdays 30th September, 14th & 28th October 9.30-1 Citizens' Advice Bus on Library Car Park—

no appointment needed

Tuesdays 30th September, 14th & 28th October 10-12 Chess Club for Adults Saturdays 18th October, 1st, 15th & 29th November 2.30-3 Saturday Story Time

Saturday 27th September 10-12 Mental Health drop-in—no appointment needed

Saturday 27th September 11-12.30 Lego Fun

Saturday 18th October 10-12 Mental Health Drop-in - *no appointment needed*Saturday 25th October 11-12.30 Lego Fun

Saturday 8th November 10.30-11.20 & 11.30-12.20 Story Tent Workshops for children aged 3-7—free event, online booking essential

Blackwood Road, Streetly, B74 3PL 01922 654864 <u>streetlylibrary@walsall.gov.uk</u>

Birmingham's Mobile Library Service

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

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

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

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

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

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

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

Phone: 0121 464 6171 Mobile: 07766 923344

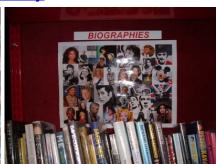
Email: mobile.library.service@birmingham.gov.uk

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library













Kingstanding Library



unemployed and looking for work? We can help!

Our Employability and Digital Skills Programme offers support in:

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

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

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



Scan to learn more about our services:





v.birminghamsettlement.org.uk Registered Charity: 517303

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

Find us:

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

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



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

ww.birminghamsettlement.org.uk Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



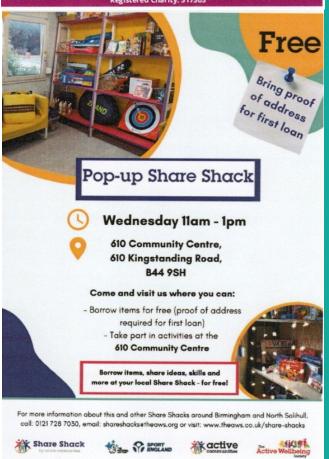
OPEN ALTERNATE TUESDAYS (from 18 April 2023) 10.15AM - 12.30PM



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

If your family is struggling financially and you would like some help with a food parcel, this can also be arranged. OR CONTACT ELIZABETH: 07597 012 598

It's Free!



SPORT ENGLAND

See next page

* active

Share Shack



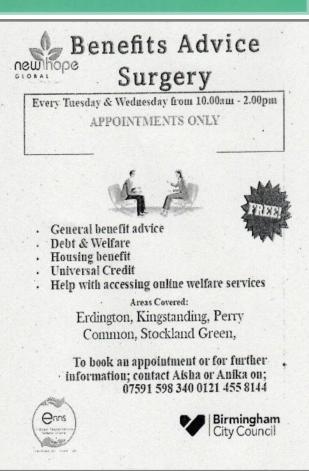


Need help with your daily housework chores?

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





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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

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

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

The services at each space will vary but may include:

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

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

www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

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

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

Birmingham City Council has also developed several support factsheets which provide useful information on a range of debt related issues. You can view and

download Information on www.birmingham.gov.uk/debtadviceteam
If you are struccling with debt and need advice and support you can also www.birmingham.gov.uk/helpinbrum to the right information.

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

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

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

To find a foodbank or other food support please visit

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

Healthy Start card

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

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

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

You can also check if your child can get free school meals,

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

More Information Available

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

Other Support Available

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

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

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

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

Stop Loan Sharks

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

Turn2Us

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

Birmingham and Solihull Women's Aid

en affected by domestic violence and abuse 0800 800 0028 | www.bswaid.org

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

The Active Wellbeing Society

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

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

Spitfire Services

0121 747 5932 | www.spitfireservices.org.uk

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Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

"Make a difference today!

Hands-on frst aid sessions for 14 - 25s



For more information visit www.sja.org.uk



FREE first aid sessions in your local area

















Let your inner beauty emerge

Heal & Transform

Reiki Practitioner Transformational Mindset & Trauma-Informed Coach







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

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

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

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

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

Do you need guidance to a problem you are facing?

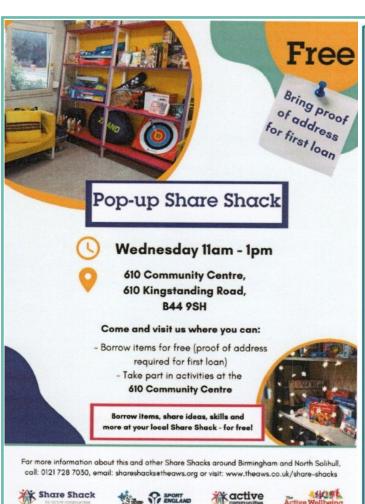
Would you like help to identify and set life goals?

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

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

To find out more please get in touch.

Telephone: 07773845454
Email: <u>healandtransform@yahoo.com</u>
Website: <u>www.healandtransform.co.uk</u>







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





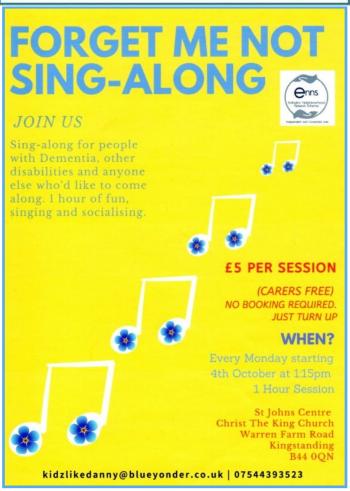
Home visiting Podiatrist



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

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

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





Shop

Join

The birds have flown. But who's moving in?

Our wildlife expert answers this month's most-asked questions. From what happens next in the nestbox and how to clean them, to the new birds on the block, here's handy hints, ID tips and more.

Your questions answered



September sees the seasons change and it's all change on the bird front too. This week, our expert lifts the lid on a bird whose seemingly sudden appearance often creates a buzz at this of year.

We also answer your questions on what to do with nestboxes now the chicks have flown, as well as what might move into them in winter! Read on for answers to these and more.

Whatever you do this week, make time for nature!



The latest scams doing the rounds

You can always keep up to date on the most recent scams targeting people across the UK

The latest warnings to be aware of include a Utility Warehouse impersonation email, a cryptocurrency scam call and fraudsters posing as the Financial Conduct Authority. Take a look at the full list, based on your reports to our Which? Scam Action Alerts Facebook community and to our scam sharer tool

Watch out for fake vehicle giveaways

We've spotted several premium vehicle competition scams on social media, with fraudsters posting tempting giveaways that aim to steal your personal and financial information.

We examine these dodgy competitions and share <u>four telltale signs</u> of a social media scam.

Avoid scams when booking last-minute holidays

Searches on Google for 'last minute holidays' have spiked in recent weeks as hopeful holidaymakers try to book an escape before the summer is out, but those 'deals' may not be all they seem.

<u>Take a look at some of the most common ways fraudsters carry out holiday scams</u> and how you can spot the signs.

Scam sharer tool

There's an easy way to make us aware of scams directly with our <u>scam sharer tool</u>. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

New parking fine scam texts

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

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

Debt collection scam warning

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

If you receive a demand you're not sure about, don't pay it – <u>find out how to verify a genuine debt collection letter and spot the fakes.</u>

Mystery shopping job scams exposed

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

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

Scam sharer tool

There's an easy way to make us aware of scams directly with our <u>scam sharer tool</u>. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

Convincing WhatsApp delivery scams

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

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

How vulnerable are you to scams?

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

We reveal the traits, factors and triggers that make us all susceptible to scams.

Copycat Which? website taken down

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

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

Scam sharer tool

There's an easy way to make us aware of scams directly with our <u>scam</u> <u>sharer tool</u>. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud

Stay safe,

Which? Scam Alert Team

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

The scale of Booking.com scams

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

We're calling on Ofcom to investigate whether the site is doing enough to remove illegal content and protect users. <u>Find out how these scams work so you can protect yourself.</u>

Pension scam victims owed compensation

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

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

What are screen-sharing scams?

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

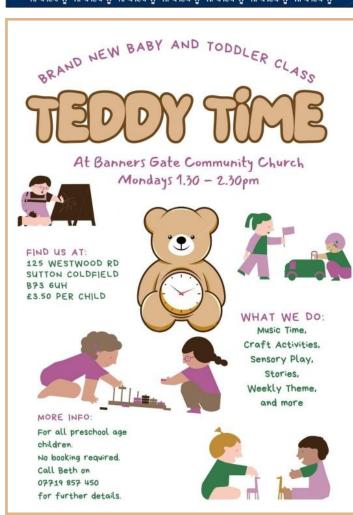
We look at what banks are doing to combat fraud <u>and give you tips</u> to stay safe from screen-sharing scams.

Scam sharer tool

There's an easy way to make us aware of scams directly with our <u>scam sharer tool</u>. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.











G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers. We also have a soft play for the 0-2 years old. To find out available dates please contact us on the following:

Facebook: Gandt party-hire

Facebook: Gandt party-hire Instagram: gandt_partyhire Email: Gandtpartyhire@hot mail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha

Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS







TO BOOK YOUR PLACE PLEASE CONTACT













CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE!



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105 07796 546172

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

Blythe Cottage, Dexter Lane Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172





...Your tech problems solved

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





Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

Birmingham City Council

Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



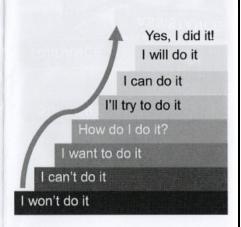
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding



SUN MO	N TUE	WED	тнυ	FRI	SAT
Birmingha Women's 10am-2. Ageing We 11am-1 Little Settle Massage Learn & 12.30-2. Men's Cup	Group 30pm Dance Fit (50+) 10-11.30am Il Tai Chi 2pm Dog Training Group 10.30am-12.30pm ers Baby (Stay, Play) 30pm pa Club	Learning Disability Group	Little Settlers (Stay, Learn & Play) 10am-1pm Ageing Well Bowls Group 10am-12.30pm Walking Group 10am-1pm Yoga 1.30-2.30pm Girls Club 4-5.30pm Sports Thursdays 5-8pm	Ageing Well Cuppa & Chatter 10.30am-12.30pm Zumba 1.30-2.30pm Learning Disability Group 7-9pm	Foodcycle 1pm (serving time)

www.birminghamsettlement.org.uk

Registered Charity: 517303







THE WALKING GROUP IS BACK!



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

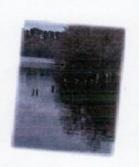
Anyone affected by Cancer is welcome.

All abilities catered for.

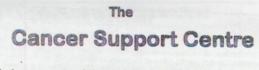
To register please call 0121 378 6295 or email info@suttoncancersupport.org.











Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website: www.suttoncancersupport.org

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



YOGA

Tuesdays 12.00 - 12.45 Lindridge Road, Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



Suitable for all abilities and fitness levels.

For clients of the Centre. We ask for a £5 donation per session.



www.suttoncancersupport.org

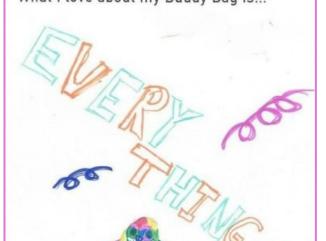
Telephone: 0300 012 0245 email: info@suttoncancersupport.org

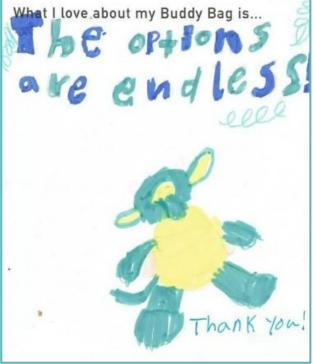
The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB

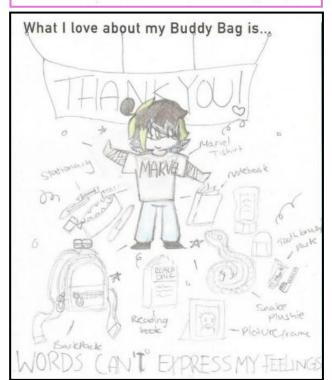
Charity number: 1089658

Reg Companies House, Cardiff No: 4202897









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



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

Tel: 0121 323 2070 www.fouroaksfs.com

Please note that all our telephone calls are recorded for mpliance and training purposes. buddy bag

Proud to support our nominated charity foundation

FT ADVISER TOP 100 FINANCIAL ADVISERS MEMBER 2021

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

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

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

NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals
Meet Mondays 7.30-9.00pm £4
The Garden Room
FOUR OAKS METHODIST CHURCH

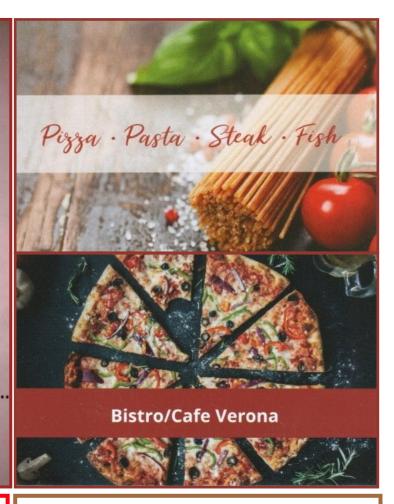
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club 323, Boldmere Road, Sutton Coldfield West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

SCCT

Contact: Colin - 07966-745741

https:/

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.
Pay at the Door (No Club Membership Fee) £3.00 entrance fee
Live Music, Bar, Parking, & Socialising
We look forward to seeing you to be entertained
for a great night out.

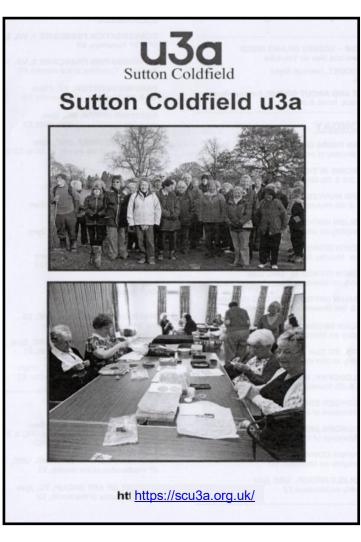


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

Or Contact: Sandra on 07932-395158









Who do you think you are?

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

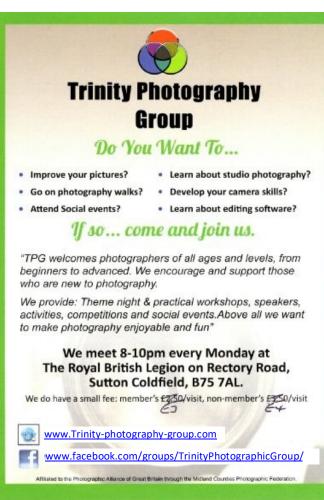
Family History can be a lonely activity and you may prefer the companionship of others on the trail of their ancestors' past. If that's the case, our U3A Genealogy Group is a great place to share tips, find help and get advice!

Why not contact:

Sutton Coldfield U3A Genealogy Group

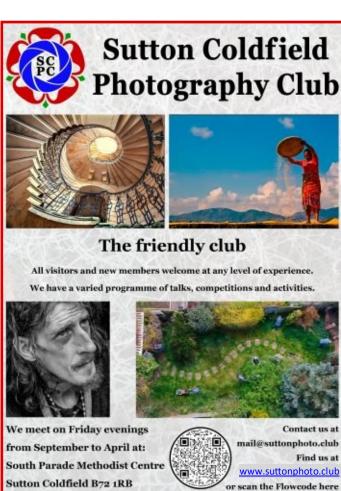
we meet the third Tuesday of the month at the United Reformed Church Centre, Brassington Avenue in Sutton at 2.00pm

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





North Birmingham Bridge Club
338 Boldmere Road, Sutton Coldfield. B73 5EU

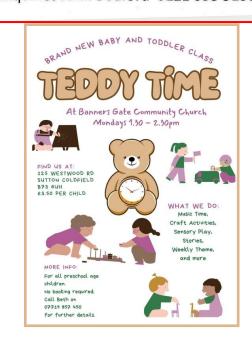


CYCLE-WITH US

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

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

Enquiries John Bedford 0121 353 5136



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We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon
At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk







STREETLY FLOWER ARRANGERS' CLUB



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

B74 3EX.

Next meeting - Tuesday 14th October - Demonstration with Richard Twistleton ' Age of Aquarius'.

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

Further details: Chris Reeves tel 0121 354 6264

We had a good workshop this month with Margaret Rumens who was very informative. The object was to do a horizontal arrangement and we ended up with some lovely designs.



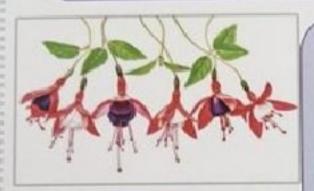




Do you love plants? Enjoy looking at gardens? Spending time with like-minded people?

Come and join us at

"The Royal Sutton Coldfield Fuchsia & Gardening Guild"



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

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' or telephone our secretary Gail on 0121 353 3373 for more information. We meet on the 2nd Thursday of each month (excluding January) at

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

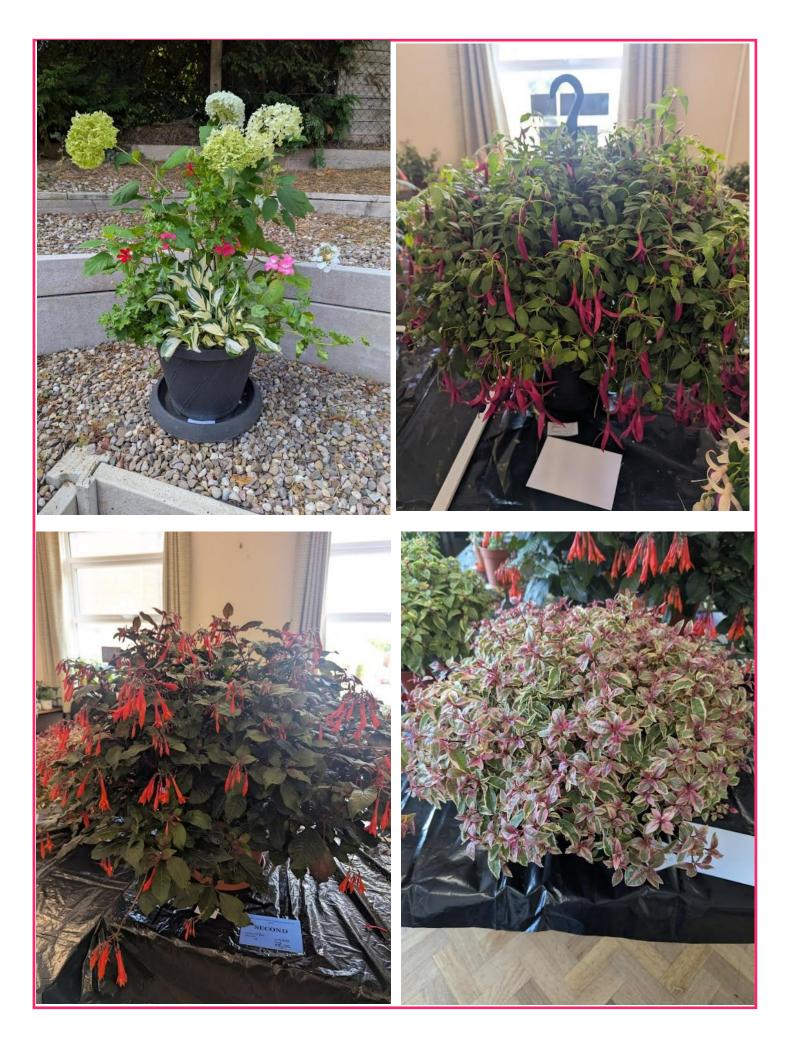
At our September meeting we had something a little different. We welcomed Andy and Kate from a company called Urban Herbs, who told us not only about the amazing herbs they grow, but also about how their company started and the impact that COVID and lockdown had. Like many businesses, they had to revaluate how they sold their products and a mail order company was born. A few years down the line, they can be found at the major shows like the BBC Food show at the NEC, and have even featured on the TV with James Martin on Saturday Morning Kitchen!!

In October we need to be thinking about protecting our plants over winter, so at our next meeting on October 9th, two of our more experienced members will be showing you how to prepare and protect your plants during the winter months. Whether you have a heated greenhouse or just a garden shed, many fuchsias are easy to overwinter, by following a few simple guidelines. By doing this, fuchsias can be amazing value for money, as your hanging basket can go from year to year, getting better with age!!

So, if you fancy an evening out, please come along and join us. Come as a visitor for just £2! We meet at Banners Gate Community Church in Westwood Rd, B73 6UH on the second Thursday of each month, except for January. Doors open at 7.30pm for an 8.00pm start, until 9.45

If you would like any more information, please give Gail, our secretary a call on 07307857440, a very warm welcome awaits you.

See photos on next page



Sutton Coldfield

Trinity Quilters



Interested in Quilting?

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

Everyone will receive a warm, friendly welcome

Join us for Quilting Inspired.....

Talks, Demonstrations, Workshops by Professional Quilters & Textile Artists

Annual Coach Trips

Malvern Spring Quilt Show Summer Outing to Fabric Outlet



Email: trinity.quilters@gmail.com

Sutton Coldfield Trinity Quilters

Monthly Meetings (except Aug/Dec)

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

Guests Welcome

Non-members £6 entry

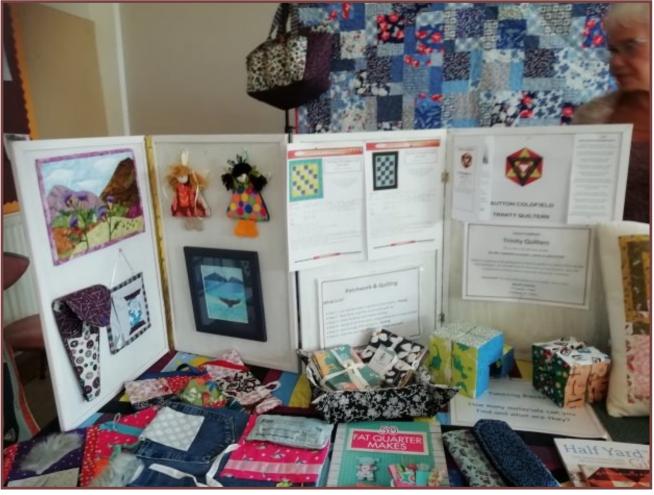
Membership includes

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

> Trinity Centre Off Mill Street Sutton Coldfield B72 1TF









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





COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

good chat - and help support our café.

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

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

NEIGHBOURHOOD AGE CONCERN

Everyone welcome

Gardening Group

Help us grow fresh produce for the cafe

Sunnybank Road Allotments, **Boldmere**

Meet our Neighbourhood Networker

CONTACT Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk





Angel beads ltd

Melanie Wright

07490133151

www.angelbeads.co.uk Facebook: @angelbeadsuk Instragram: angelbeadsltd





Other Support

Birmingham and Solihull Women's Aid

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

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

Advice to help improve your finances 0800 138 7777 07701 342 744 (WhatsApp) ww.moneyhelper.org.u

Step Change

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

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

The Active Wellbeing Society

Listen and Connect support people to feel heard, connect with others, be active, live well and access information 0121 728 7030 listenandconnect@theaws.org

www.theaws.co.uk/listen-connect

Healthy Start Vouchers

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre

Accredited immigration and asylum advice. Legal advice to access services and financial support 0121 227 6540

enquiries@centralenglandlc.org.uk www.centralenglandlc.org.uk

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)

e 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

About this leaflet

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

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

































Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- · Lost job or reduced hours
- · Money stopped
- Lost money
 Unexpected expense
- · Disaster (e.g. flood or fire)
- · Relationship breakdown Sanctioned (see option: 6)

See options @@ @

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 (3)

I am waiting on a benefit payment or advance

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

See options @ @



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 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.

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).

Hardship Payment

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

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

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

0121 250 0765

BIRMINGHAM CITY COUNCIL

enquiries@bcabs.cabnet.org.uk

Help with options: 1 2 3 4 6 6

Help with options: 1 2 3 4 6 6

Benefit, debt and housing advice

0121 453 0606 www.theprojectbirmingham.org

ighbourhood Advice Servic Advice on benefits, debt, housing and other money-related issues 0121 216 3030

Help with options: 1 2 6 6

www.bcabs.org.uk







www.birminghamsettlement.org.uk Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

money.advice@bsettlement.org.uk

(West Birmingham) Advice service on benefits, debt and managing your money

SPITFIRE SERVICES Advice on benefits, debt, housing and more Advice on money, benefit, housing and employment issues

0121 747 5932 | info@castlevale.org.uk www.spitfireservices.org.uk

Help with options: 1 2 3 4 6 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)

DISABILITY RESOURCE CENTRE

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

www.disability.co.uk

Help with options: 1 2 3 6

Free, nationwide debt counselling service for people in financial difficulty 0800 328 0006

CHRISTIANS AGAINST POVERTY

Help with options: (6)

WARMER HOMES WEST MIDLANDS

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

Help with options: (1) (2) (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

Energy and money saving service 0800 060 7567 | support@applyforleap.org.uk www.applyforleap.org.uk

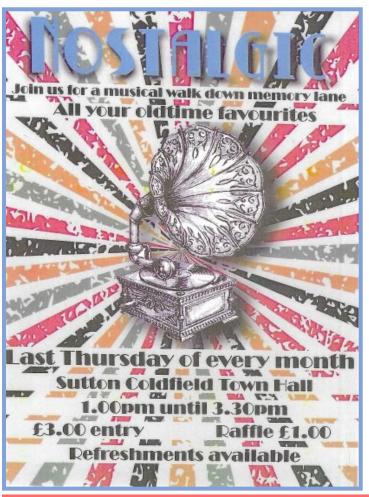
Age UK Birminghan

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

Providing advice, information and signposting for people affected by mental health issues

0121 262 3555 | help@birminghammind.org www.birminghammind.org





Hope Food North Birmingham are currently looking for a new base in/around Sutton BIRMINGHAM Coldfield. We need it to store

food and prepare food bags. We would need access in the day and evening Monday to Friday. We run 3 food banks weekly in Erdington, Falcon Lodge and Mere Green. anyone has any premises with vehicle access that they would think would suit us, please get in touch. Thank you.

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

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

https://link.justgiving.com/v1/charity/donate/ charityId/3143929?

tipScheme=TipJar2.1&reference=givingcheckout tj 21

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH



Have Created Flowers For All Occassions. Corporate Events etc. Let Us Create Something Special

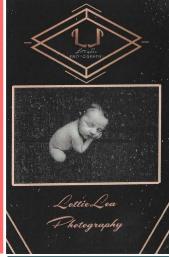


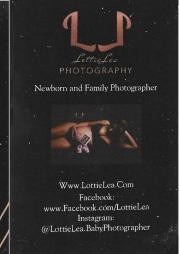
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No Rogue Traders Here works in partnership with Trading Standards to keep a list of traders across the West Midlands who have been interviewed and quality checked.

Click <u>here</u> for the link that takes you through the Birmingham City Council website for additional confirmation.

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

and your family. Worth up to

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

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

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

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









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Memory Cafes

Do you know someone living with memory loss?

Every Monday 10am-12noon

Erdington Methodist Church,

Station Road

Every Tuesday 10.30am - 12.30pm

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

All attendees must show proof of both covid vaccinations

> Every Thursday 10am - 12noon

Streetly Methodist Church Thornhill Road Streetly, B74 3EH

Every Monday "Musical Memories"

2pm - 4pm Sutton Coldfield Methodist

Church South Parade, B72 1QY

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

"Friends on Fridays" 10.30am - 12.30pm

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

To book your place at any of our cafes or for further information please contact Sue 07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

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



FREE WEEKLY WOMEN'S GROUP **AT 610 COMMUNITY CENTRE**

- Starting Monday 7th March 2022, 12:30pm 2:00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
- · Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for o-syears limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450



610 Community Centre Kingstanding Road Kingstanding Birmingham **B44 95H**





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Freshly Cooked Meals Home Delivered

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4 Meals £15

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Cafe Clasis 1 Brassington Avenue, Sutton Coldfield, 873 6AA.

Cafe Dasis is supported by the Volunteers and Staff at Sutton Coldfield United Reformed Church, Registered charity No. 1131424





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Do you want to learn Mandarin Chinese?

Specialist Mandarin Teacher Available online (or in the Sutton Coldfield area)

*Private 1-to-1 classes

1 hour session £30 £35 £40 (£23.3 per hour) (£20 per hour)

*Small groups (2 to 4 people)

 1 hour session
 1.5 hour session
 2 hour session

 £35
 £40
 £50

 (Under £27 per hour)
 (£25 per hour)

*Groups (5 to 10 people)

> *5% discount for advance payment of five or more sessions *10% for advance payment of 10 or more sessions

Happy to do exam preparation classes such as GCSE for an extra $\ensuremath{\mathfrak{L}} 5$ per hour

Reliable, diligent & highly experienced teacher with background in memory, learning methods, learning technology & languages. Fluent in Mandarin & English with Masters degree in Applied Linguistics (distinction) & a PCET level 5 teaching Qualification. Various certificates including a full enhanced DBS available upon request. All levels & all ages are all welcome!

"Modern, novel, high-tech, unconventional teaching methods. Very effective & fun!" (Former student)

Email Luc at <u>luchubbard@hotmail.com</u>



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Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



Mondays & Wednesdays Blue Coat C.E. Academy, Birmingham Street, Walsall WS1 2ND Kids 6.00pm - 7.00pm Adults 7.00pm - 8.30pm



5K YOUR W

health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

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

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

Where:

Walsall Arboretum Visitor Centre steps

Ambassador:

Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

Get in touch and let us know you will be coming.

info@5kyourway.org | @ www.5kyourway.org | @ @5kyourway

Don't forget to register with us her www.5kyourway.org/register

And register with parkrun to get your barcoo

THE LOFT PILATES & www.theloftpilatesandfitnessstudio.co.uk YOGA STUDIO

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Improve Sleep & Well Being

Improve Balance & Coordination

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Pregnancy YogaLates



Pregnancy YogaLates





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 - Frozen shoulder / Tennis elbow - Sciatica

 - Muscle spasms
 - Neuralgia Sports injuries

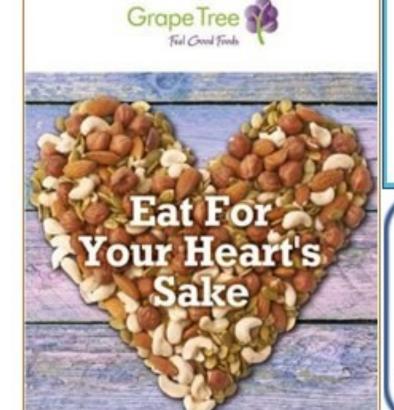
Call or email me for any questions or appointments on; 07855389528 or

stephleesosteopathy@hotmail.com











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Worship and Communion Service Sunday 10:00am

We are a small evangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr 843 7/L kingswaysheasey@gmail.com

Please look for the Beacon Room - Everyone welcome

The Chemist, M.W. Phillips, at Sutton Park Surgery - 0121 353 9027

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Minworth. B76 1AL





at the Gate with K & S CREatE

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall.

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.

Banners Gate Community Hall Coffee Mornings. The next is on 21st October and will be from 9.30 a.m. to noon - note new times.





we are here to listen, call today

Val: 07964 213 229 / Kellvanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield. If you would like to know about our service ring the number above Or visit our web site www.newhorizonscounselling.org.

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

The hall is approx. 38' x 21' $(11.6m \times 6.4m)$

The kitchen is approx. 11' x 7' $(3.4m \times 2.2m)$

The Jarrett room is approx. 13' x 8' (4m x 2.5m)

The ladies has 2 cubicles and a nappy changing table. There is a gents/disabled toilet.

The building is step-free. For further booking information go to: www.bannersgatecommunityassociation.org



Public Speaking for Absolute Beginners by Sally Jenkins Tips on constructing and presenting all types of speeches. Available on Amazon or direct from the author:



0777 333 9214



HATHA YOGA

Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



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Email: suttoncoldfield@babysensory.co.uk

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Lee Nugent

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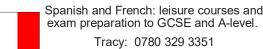
Amy Johnson (Bsc). Recommended since 2014. 206 Westwood Road B73 6UQ 0770 7006802



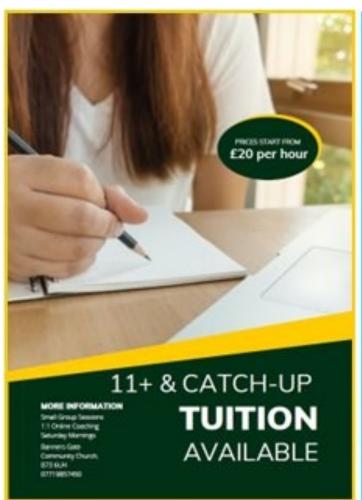
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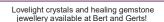






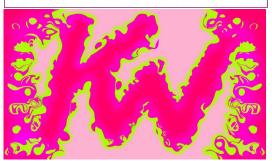








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St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics
Contact email: <u>Jenna@robotreg.co.uk</u> for times and availability

Tuesday and Wednesday - Baby Sensory

Contact Tracy at email: suttoncoldfield@babysensory.co.uk for times and availability

Please visit our website at

https://www.bannersgatechurch.com/

The Scout Hut - Coppice View Road - Sutton Coldfield - B73 6UE. Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

The cost is £5 per person. Everyone is welcome and all abilities are catered for in a relaxing and enjoyable environment.

If anyone needs further details, please contact me on



01543 480151



Banners Gate Community Association

Our Community Hall in Sutton Coldfield is the perfect venue for your club, regular class, meeting and much more!



<u>welcome</u>

what's on

hire our hall

view our hall

committee

contact

<u>links</u>



Welcome to Banners Gate Community Hall & Association

Run by a team of volunteers and situated in Sutton Coldfield, Banners Gate Community Hall is the perfect venue for your club or regular class. Our room hire rates are very reasonable and come with refreshment making facilities. The Hall has the capacity to hold up to 70 people, it is level throughout with a wheelchair accessible toilet and all of our facilities are fully insured and risk assessed.

If you are looking for a venue, simply telephone our Bookings Secretary on 0751 318 4845.

There's always lots going on at Banners Gate Community Hall. Newcomers are always very welcome! We cater for all needs no matter what your background, including young people, senior citizens, mother and baby. The hall is situated on the junction of Reay Nadin Drive and Coppice View Road (B73 6UR). On street parking is available.

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

If you need any information please message on 07964 213 229





Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month
The next is on 21st October - at 9.30 to noon, please note new times.

For details see website at <u>www.stcolumbasbannersgate.co.uk</u> <u>www.bannersgatechuich.com</u>						
DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.		
Sun (last) 10.30 –2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30—8.30pm	Family Communion Sunday Gathering Chikara Karate Kai	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy Cath Hussey	628 6651 354 5873 353 0230 39 57 89		
Mon 11.00 to 6.45pm 7.30 – 9.00 pm	Sign Language Glasses	Community Hall Community Hall Community Hall Community Hall	Shakila Kosar Shakila Kosar Shakila Kosar Diane Pursall	255042 255042 255042 747 4659		
Tues 6.00—7.00 9.15 - 2.00pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 6.30 - 9.00 7.45 pm	Soul Yoga Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89		
Wed 9.30, 11.00 &12 10.30 - 12.00 6.30 — 7.30 7.00 pm	Guide Dog Training Dance Fitness	Banners Gate CC Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89		
Thurs 10.00—11.00 am 7.30 on last Thursday 6.30 — 9.45 pm (3rd of each month) 7.00 pm	Yoga Neighbourhood Forum Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Tony Willis Warren 01902 Janice Jones 07955	40 39 43 605 4947 897 900 65 59 10		
Fri 11.30 - 3.30 5.00—6.30pm 7.00 - 8.00 pm	Sign language Classes Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Shakila Kosar 07825 Chloe Lloyd 07729 Shakila Kosar 07825	25 50 42 47 79 46 25 50 42		
Saturday 9—10am	Soul Yoga	Community Hall				

Useful telephone numbers

Sutton and Kingstanding

Police: 101

Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7 Citizens Advice 03444 111 444

BANNERS GATE COUNSELLING CENTRE

Accessible and Affordable Counselling to Adults in the Community. The Upper Room St. Michael's House 198 Boldmere Road Sutton Coldfield Tel: 0121 354 6544 For information or an appointment please ring after 10 a.m. daily, except Wednesday

Banners Gate Community hall Coffee Mornings The next is on 16th September starting at 9.30a.m. until noon, please note new times.

BOOKING SECRETARIES: Community Hall mobile: 075 65 54 68 21 Banners Gate CC - Nigel Willis 07711 284562

St. Columba's Scout Hall Alison Jolley st.columbahall@yahoo.com A & R Talliss 353 8166

UNIFORMED ORGANISATIONS:

Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191

The Townswomen's Guild

Thurs. 16th Oct. Don't

Fret - Guitarists

Thurs. 20th November - Christmas Past and Present - Mary Bodfish Our vibrant Guild meets on the 3rd Thursday of the month, 7.00 - 10.00 in the Westwood Hall,

Banners Gate Community Church. Janice Jones 07955 65 59 10

Banners Gate Community Church

Westwood Road, B73 6UH

We meet weekly on Sunday mornings from 10.30am for fellowship, worship, prayer and learning together in an informal setting, with other gatherings throughout the week.

To find out more visit our website at www.bannersgatechurch.com.

St Columba's Church

Coffee Morning

Every Friday of the month

10.00 - Noon

All Welcome

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

Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Beavers 5.30 p.m. - 6.45 p.m. ages 6 - 8 yearsMonday

Scouts 7.00 p.m. -9.00 p.m. ages $10 \frac{1}{2} - 14$ years

Beavers 5.40 p.m. - 6.40 p.m. ages 6 - 8 yearsTuesday Cubs

7.00 p.m. -8.30 p.m. ages $8-10\frac{1}{2}$ years 7.00 p.m. -8.30 p.m. ages $8-10\frac{1}{2}$ years Thursday Cubs

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100 Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides. There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.



Day/Time Contact Activity Venue Girlquiding UK Mon 6.00 - 7.30pm 39th Brownies St Columba's Hall Tues 6.00 - 7.30pm 45th Brownies St Columba's Hall Thurs 5.00 - 6.00pm 39th Rainbows St Columba's Hall

Tel 354 5873 Carol Gardner 350 7191 354 5873