

Banners Gate & Parklands Community & Neighbourhood Forum

198th October 2025

bannersgateneighbourhoodforum.com

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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: ROADS AND TRAFFIC SAFETY

With the City Council's financial position now much improved, a programme of road repairs in the

Banners Gate and New Oscott area is now on the way. Monmouth Drive is now 30mph on its whole length, and there will soon be additional physical speed reduction measures around the infamous 'Stonehouse Island' which has been repeatedly hit by speeding vehicles in recent years. The new scheme should make it really physically difficult for anyone to do a 'racetrack' hit-job on the island! Look out for the new scheme coming shortly.

Also on Monmouth Drive, there has been a road resurfacing programme done a couple of weeks ago on the stretch from around the Stonehouse island down towards the Somerville Rd / Clifton Rd junction. This is to deal with significant road subsidence problems that have been developing on that well-worn stretch. The job is now done and hopefully that stretch of road is now a much smoother ride.

Next - residents on Bakers Lane have experienced problems with speeding traffic for a long while. The City Council has now agreed to our proposals for a 'traffic speed indicator warning sign' to be erected, and we are at the same time pressing the West Midlands Police traffic unit for mobile speed cameras and 'pop-up' random Speedwatch patrols run jointly with resident

volunteers, to deal with the offending drivers on that busy road.

Finally, there are due to be streetlighting improvements in the area coming shortly. I'll be reporting back in future issues of Gatepost – watch this space!

RUBBISH UPDATE

Just a reminder, the regular local 'tip truck' visits to our area remain on hold while the crews are taken onto the general household bin trucks to cover for the striking Unite Union members. As always, I do not make party political points in Gatepost – it's an independent community newsletter and no place for political backbiting. Suffice to say, I'm pressing the City Council to restore the household Garden Waste collections next year, whatever the situation with the strike, and you have my assurance that I'll be chasing the tails of the decisionmakers in the Council over this!



Max Hatton: Hello Gatepost Readers!

I hope you're all enjoying October and making the most of the half-term holidays. It's that wonderful time of year when the air turns crisp, the

evenings draw in, and the trees transform into a tapestry of autumnal colour, shades of gold, amber, and deep red reminding us how beautiful change can be.

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com Next deadline: December 18th

Earlier this month, I had the privilege of attending the annual Birmingham Blitz Memorial Service, organised by the Birmingham Air Raid Remembrance Association (BARRA). The event brings people together each year to remember those who lost their lives during the devastating air raids on Birmingham in the Second World War, a sombre yet vital part of our city's history.

The service was both moving and humbling. I had the great honour of lighting a candle in memory of my Great Grandfather, Thomas Hatton, a veteran of the Somme and a member of the Coldstream Guards during the First World War. He survived that conflict only to lose his life years later in the Birmingham Blitz. His son, my grandfather Kenneth Hatton, went on to serve as a Royal Navy Commando, fighting against the evils of fascism across Europe.

Many people gathered to pay their respects. Families, veterans, and local residents all united in remembrance. As we stood together in the quiet of the memorial outside St Martin's Church, surrounded by the gentle rustle of autumn leaves, it was impossible not to reflect on the sacrifices made by so many.

Events like this remind us why it is so important to remember the horrors of war, not to dwell on the past, but to learn from it. By honouring those who came before us, we commit ourselves to peace, compassion, and understanding.

As the season changes around us, and as we enter November, may we carry forward a spirit of gratitude and remembrance, ensuring that the lessons of history are never forgotten.

The annual service of remembrance is due to be



held on Sunday 9th November at the Holy Trinity Parish Church from 9:45am.

Our next Full Town Council meeting will be held on Tuesday 16th December from 7pm at the Trinty Centre, hope to see you there. Until next month Gatepost readers!





John Cooper: Royal Sutton Coldfield Town Councillor johncooper@suttoncoldfieldtowncouncil.gov.uk

Royal Sutton Coldfield Libraries

November First 2025 marks an important date in the life of the Town Council with the substantial transfer of an important asset to the Town. When the Town Council was formed in 2016, it was entitled to manage certain assets which were then managed by Birmingham City Council. In the case of allotments, only five of the total of ten have been transferred to date, due mostly to the wrangle of ownership between departments within the city.

In early 2025, Labour BCC announced the closure of seven libraries throughout the City; three of which are located in the Royal Town. As we all know, the central library in the Town centre located in the Red Rose centre was due to close, if only temporarily, due to the dilapidated condition of the Red Rose infrastructure.

During extensive negotiations between the officers of both councils, it was finally agreed that the town will take on the management of Boldmere Library plus the Libraries and Community Centres at Mere Green and Walmley. BCC will make good a list of long-standing repairs to the infrastructure of the buildings involved.

As from First of November, the Town will open the three libraries for an extra day each week as follows: Boldmere Library will open Tuesday, Thursday and Saturday each week; Walmley Library will open Monday, Wednesday and Saturday; Mere Green Library will open Monday, Tuesday, Thursday, Friday and Saturday. The Community Centres will continue to open as they do now.

The leader of the Town Council Simon Ward has said: "This marks a significant moment in the development of the [Town] Council. Whilst the decision of BCC to cut these services is disappointing it creates a real opportunity for local delivery. I am pleased that we will be supporting increased opening hours across all three libraries in the Town whilst saving two Community Centres from closure".

The only thing I can add to that is that we, Anja and I, have worked towards repairing the damage to the Town voted for at City level by Labour Vesey Councillors.

OJohn.cooper@suttoncoldfieldtowncouncil.gov.uk

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

Visible Progress

We got it sorted: Fly-tipping removed on Windsor Road!



Real Results

We spoke up: Planning Application to turn 5
Windsor Road into a 6-bed HMO refused.
Thank you to everyone who signed our
petition and supported our campaign.





Meaningful Change

We are calling for action: back our road safety petition for Boldmere Road

https://www.suttoncoldfieldconservatives.com/ campaigns/petition-urgent-traffic-calmingmeasures-boldmere-road

Email us: veseyward@gmail.com

Follow us on Fb: 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.

Warm Welcome: 9:30am until 12pm - weekly

Come and join us in our cosy cafe!

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 - 11th and 25th 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- 12th and 26th 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

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

Thursday

Parkinson's UK: 10am until 12pm - 7th and 20th 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 - 7th and 21st Only

Are you growing older without children nearby 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 - 1st November 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!



Are you growing older without children nearby—or without children at all?
You're not alone. Our Ageing Without Children (AWOC) group offers a warm, welcoming space to share experiences, build friendships, and support one another.

Whether you've never had children, your family lives far away, or relationships are complicated, you'll find understanding and connection here. Come along, have a cuppa, and meet others who truly get it.

#Community #AgeingWell #YouAreNotAlone

communitea cafe

Next meeting will be Friday, 7th November at Communitea Café 10am.





NHS Falls Prevention Presentation

St Michaels Church,

Location: Church Rd & Boldmere Rd,
Sutton Coldfield, B73 5RX

Date & Time:

Friday 28th November, 10:30-11:30am





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

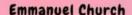
Newdigate Road, B75 7ER

Street parking only









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







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. You can start their swimming journey now!

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 toys, 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.

<u>April:</u> 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.

<u>September and October:</u> 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.

Banners Gaters - Friends of the Gates

At the beginning of June last year Banners Gaters were told that, due to the BCC drastic reduction of the number of park rangers in the city, resulting in the effective withdrawal of the rangers from Sutton Park, our group would have to be axed. We weren't going to give up that easily, so we all joined Friends of the Gates, which meant we had the necessary insurance to continue without a ranger present, albeit with severe limitations on what we're allowed to do. Although we are fully insured to use domestic power tools, up to and including petrol mowers, we need the permission of the landowner, in this case Birmingham City Council, and they have a policy that forbids volunteers to use any power tools. We are told that updating this policy is in progress, but nothing has happened so far. We could clear a lot more nettles and brambles that are encroaching on paths with a strimmer or hedge trimmer, as many passersby keep telling us!

For the past few months, using loppers and hand saws, we have been clearing holly, which has been allowed to grow without coppicing for many years, from Westwood Coppice. This allows light to reach the woodland floor so that other plants, long since missing, can grow again. At first, we used holly trimmings to build dry hedges on the ancient boundary, to protect them but, now we've moved away from the banks, it's too far to carry them so we've left them in piles which will eventually rot down. We're careful to leave most of the female (berry bearing) trees intact plus enough male trees for fertilisation and we take care not to disturb nesting birds or other animals.

It will take years to clear the whole of Westwood Coppice of overgrown holly by hand,



and most of our group are pensioners. More volunteers are needed so, if you can, please join us. We meet every Monday at 11am on Banners Gate car park except on Bank holidays or if the weather's really bad and finish at 2pm. Coffee break is at 12.30 so bring a drink. Wear old clothes and, if you have them, bring any suitable hand tools with you.



Sutton Coldfield Choral Society and Sutton Coldfield Chamber Choir Director Richard Mason

HANDEL MESSIAH

Thursday 11th December at 7.30pm

Emmanuel Church, Wylde Green B72 1YG

Reserved Nave seats £18 Unreserved Side Aisle seats £15 Call 0121 354 6999

Book early to avoid disappointment!

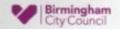
Visit us at www.suttonchoral.com

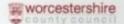
Sutton Coldfield Choral Society is a Registered Charity - No. 508282



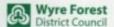


Act on Energy is a local charity which partners with Local Authorities to offer a full home energy support service and free, impartial advice.

















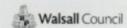


















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- Grants and funding for energy efficiency measures
- Grants for broken heating systems
- > Help with fuel bills and energy debt
- Billing issues with your supplier



for more info go to

www.actonenergy.org.uk

Notes:

or call our free phone

0800 988 2881







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13 Fascinating & Funny UK Facts to Know Before Your Working Holiday in the UK — for Canadians. Here's the last 5.

9. London was the first city in the entire world to have an underground subway system.

We know that during your working holiday, you must visit London!

- 10. The oldest home in the UK is about 6,000 years old.
- .. and has stone furniture that is still intact today! At Knap of Howar on the island of Papa Westray in Orkney, Scotland, a Neolithic farmstead may be the oldest preserved stone house in northern Europe!
- 11. Big Ben in London actually doesn't refer to the clock. When you visit London during your Working Holiday in the UK, a must will be a visit to The Houses of Parliament and Elizabeth Tower, what everyone knows as Big Ben, being the most iconic landmarks in London! Well, let us tell you that the name Big Ben is the name given to the massive bell inside the clock tower, which weighs more than 13 tons (13,760 kg)!

12. 165 million cups of tea per day are consumed in the United Kingdom

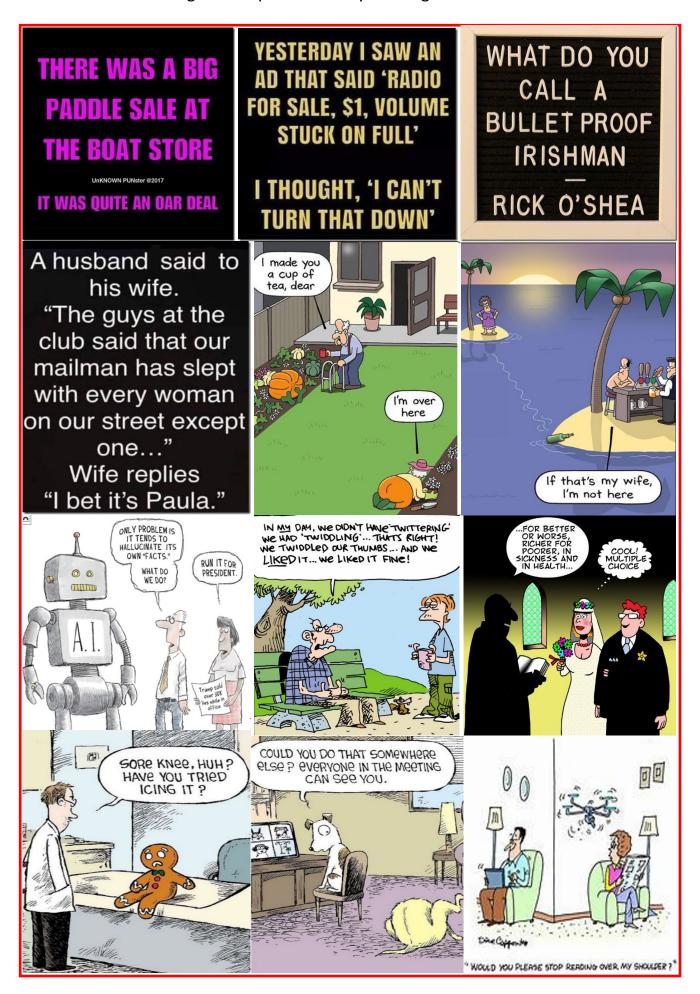
British food sometimes gets a bad reputation abroad, but it has many interesting dishes, including fish and chips, Sunday roast, Full English breakfast, and shepherd's pie.

The UK is also home to afternoon tea, a tradition that dates back to the 19th century. Sundays in the UK are known for Roast Dinners. It is common in the UK to gather around the table with friends or family for a hot meal consisting of vegetables, potatoes, roast meat, gravy and of course, Yorkshire Puddings!

13. Canadians can live and work in the UK!

Canadians can live in the UK for up to three years with a UK Working Holiday visa. Find out more about it here.

That is the end of Margaret D's puns. Thank you Margaret. The rest are thanks to Eric.



- 1. Who is credited with writing thirteen books of the New Testament?
- 2. From which country does Blue Mountain Coffee originate?
- 3. According to Norse mythology who carried the bodies of dead warriors to Valhalla?
- 4. McKinley Morganfield is the real name of which blues singer/songwriter?
- 5. Which songs with "Life" in the title were UK top five hits for the following artists, [a] The Crusaders (1979), [b] Cleopatra (1998), [c] Girls Aloud (2003), [d] Stevie Wonder (1968) and [e] Madonna (2003)?
- 6. What was Ethiopian Emperor Haile Selassie's birth name?
- 7. Scientifically what does the term Anhydrous mean?
- 8. Who was England's manager at the 1982 FIFA World Cup finals?
- 9. Who played the role of "The Emcee" in the 1972 movie "Cabaret"?
- 10. Who is the only poet to have won four Pulitzer Prizes?
- 11. What percentage of gold is there in a 22 carat piece?
- 12.In which year was the Grand National declared void after two false starts?
- 13.In medical terms, what do the letters BUPA represent?
- 14.Of which European nation are the following the capitals, [a] Vilnius, [b] Bratislava, [c] Vaduz, [d] Tallinn and [e] Ljubljana?
- 15. Who in 1969, succeeded Charles De Gaulle as President of France?
- 16. Now generally used to describe Russian business men, what is the real meaning of Oligarchy?
- 17. Named after a 19th Century Swedish scientist, which unit is used to measure the wavelength of light?
- 18. Opened in 1959, which was the UK's first motorway service area?
- 19.From what is the meat dish brawn made? In which US State is Harvard University located?

Answers

O'MBZZBGNNZGFFZ

1.Saint Paul. 2.Jamaica. 3. The Valkyries 4.Muddy Waters. 5. [a] "Street Lift", reached no 5, [b] "Life Ain't Easy", no 4, [c] "Life Got Cold, no 3, [d] "For Once in my lift", no 3 and [e] "American Lift", no 2. 6. Ras Tarfari (Makonnen). 7. Containing no water. 8. Ron Greenwood. 9. Joel Grey. 10. Robert Frost. 11.92% 12.1993 13. British United Provident Association. 14. [a] Lithuania, [b] slovenia, [c] Litchtenstein, [d] Estonia and [e] Slovenia. 15. Georges Pompidou. 16. Government by the few. 17. Angstrom. 18. Watford Gap (M1). 19. (The head of a) Pig or Calf.



Pumpkins, the bright orange icons of autumn, are now a beloved part of British culture, particularly in the lead-up to Halloween. But their journey from foreign curiosity to seasonal staple is a story intertwined with exploration, cultural exchange, and changing tastes over centuries.

The Arrival of the Pumpkin in Britain

The pumpkin, a member of the squash family, is native to North America. Long before it made its way across the Atlantic, it was a significant crop for Native American civilizations. These early farmers cultivated pumpkins alongside other essential crops like maize and beans, developing techniques to use every part of the plant. Pumpkins were baked, boiled, and dried, with the seeds, flesh, and even blossoms providing vital nutrition during the harsh winters.

Pumpkins first arrived in Europe following the voyages of Christopher Columbus in the late 15th century. European explorers returned with a variety of New World plants, including tomatoes, maize, and pumpkins. Though pumpkins took root quickly in Spain and Italy, they did not immediately captivate the British palate. In the 16th century, records show that pumpkins—referred to as "pompions" in English—were known but not widely grown. British farmers were more accustomed to their native gourds, which were smaller and more familiar in taste and appearance.

The early British use of pumpkins was somewhat pragmatic, often featured in simple soups or stews. However, the humble pumpkin had competition from more familiar crops like turnips and parsnips. It was considered less refined than many other vegetables, with cookbooks of the time offering fewer recipes for pumpkin compared to the more common fare.

Pumpkin carving originated from the Irish tradition of carving turnips and other root vegetables during Samhain to ward off evil spirits. Irish immigrants brought this practice to America in the 19th century, where pumpkins—larger and easier to carve than turnips—became the vegetable of choice. As Halloween grew in popularity in the U.S., the jack-o'-lantern became synonymous with the holiday.

(Acknowledgement: Historic Houses Association)

Eric Jones Oct 2025

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

This giant brass key that belonged to someone's grandfather.



This pointed, pickleshaped green glass found on the banks of the River Thames in West London, UK.



This hard string with two oval-shaped kernels attached to either end.



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 last page

- 1 It's an ADT Type W Watchman's Key for an 1180 Watchman system. They would do the rounds, and the key would fit into systems to ensure that the watchman visited all the waypoints on the route.
- 2. Base of an old torpedo bottle
- 3. It looks to me like the anther and filament parts that make up the stamen from a fake flower. The string would be folded in half so that the 'kernels' are at the same end, and the part with the red stain would be at the bottom of the inside of the flower. The red stain makes me think that the petals were red and the dye has run





WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.



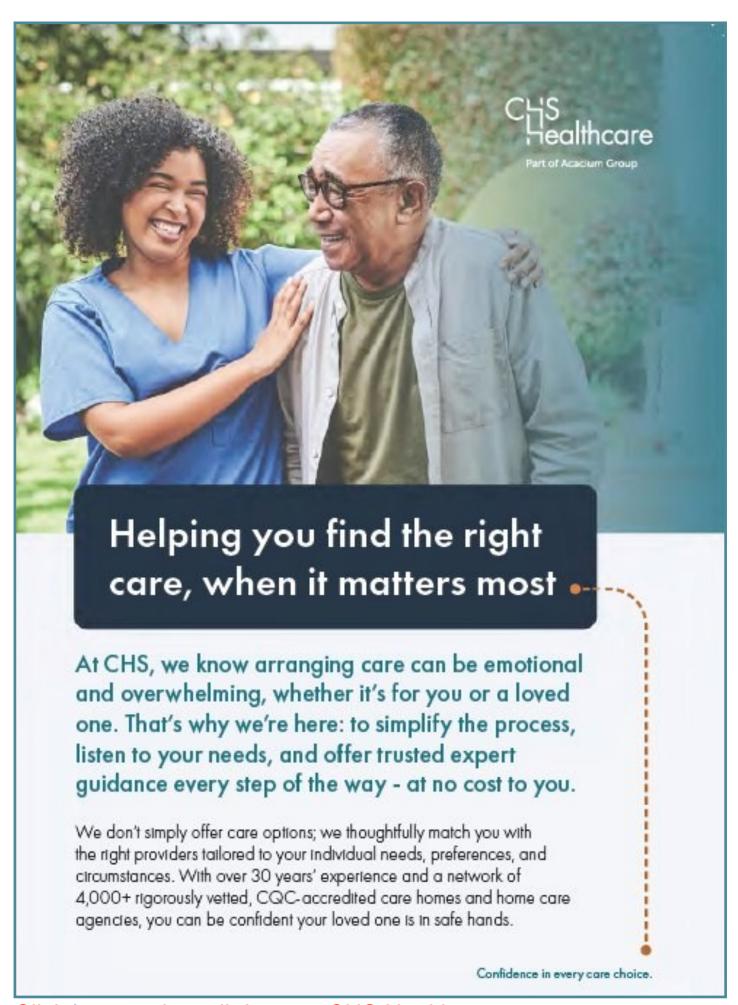




Investing in our libraries



Library upgrades to create warmer, safer spaces for Birmingham communities



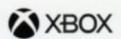
Click here and scroll down to CHS Healthcare.

Tech Giant

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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 and recycling industrial action - FAQ for residents page.</u>

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.

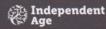
Call our Helpline for free on 0800 319 6789 (Monday to Friday, 8.30am to 5.30pm) quoting 'Free Guide 468', or email helpline@independentage.org to arrange a benefits check. SUPPORT

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.

vve	particu	narty net	ea go	oa q	valit
Clot	hes an	d 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

(OBritish Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426) 8HDS372

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.



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



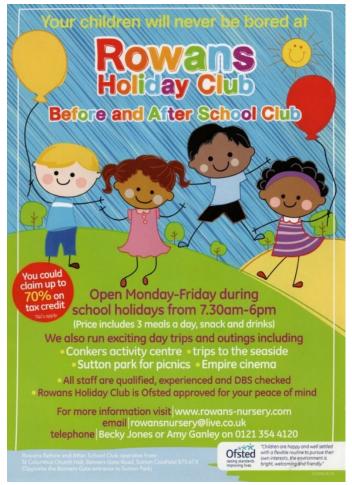
£3 suggested donation

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.





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
Tuesday Brownies 6 o'clock
Thursday Rainbows
Friday Coffee Morning, see above

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:

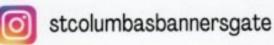
https://www.justgiving.com/hopefoodnb

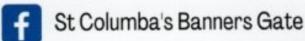
Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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





stcolumbasbannersgate.co.uk

All are welcome - there is no charge for anything

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

Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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

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











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 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.

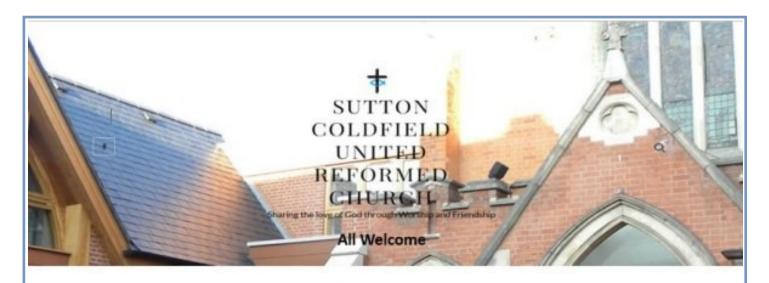
- ☆ Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- Flexible Membership Options: We understand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



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

foodcycle.org.uk/volunteer/



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



Volunteer with FoodCycle!

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



Location

Falcon Lodge Chapel, 265 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/dragongueen/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

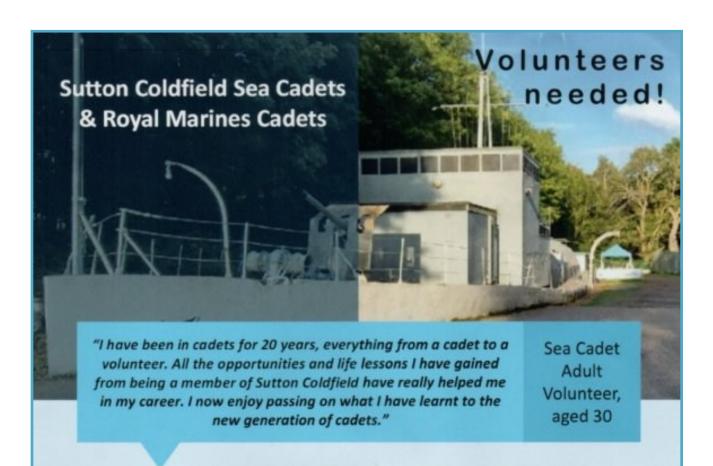
Contact us at mail@suttonphoto.club
Find us at www.suttonphoto.club
or scan the Flowcode here

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











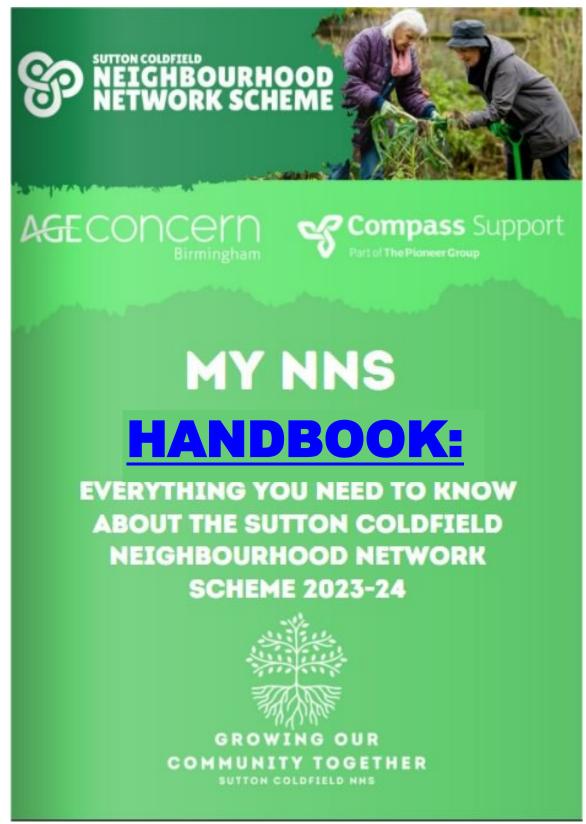
Edward Gostling, Barbara Ward Children's Charity & Happy Days

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, with fantastic bargains awaiting discovery. We're proud to be part of the vibrant charity community in Boldmere, with our shop offering an extensive selection of women's and men's clothing, bric-a-brac, books, toys and more. Whether you're searching for unique treasures or everyday essentials, you'll find it at our lovely shop.

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 you to shop for a cause

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





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

EASYLIVING MOBILITY.









MOBILITY.

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:

· receive Housing Benefit

disability related benefit

· receive an income or

· have a low income

· receive tax credits



LOVE TO PLAY

ROLE PLAY SESSION

ALL AGES WELCOME

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

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

CONTACT BECKY- 07940547492







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

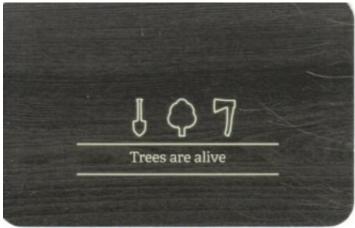
Tribunal Representation

















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 <u>actionfraud.police.uk</u> 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: <u>Action Fraud</u>

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 café. We also have a dementiafriendly barbour on hand to provide your loved one with a unique pampering experience.

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

Trusted to care.



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





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

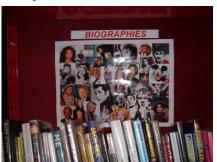
Email: mobile.library.service@birmingham.gov.uk

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library













Kingstanding Library



Employability and

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

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!

Digital Skills Programme

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

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



Scan to learn more about our services:



Find us:

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

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

Active Wellbeing



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

ww.birminghamsettlement.org.uk Registered Charity: 517303



KINGSTANDING LIBRARY FOR HELP AND ADVICE



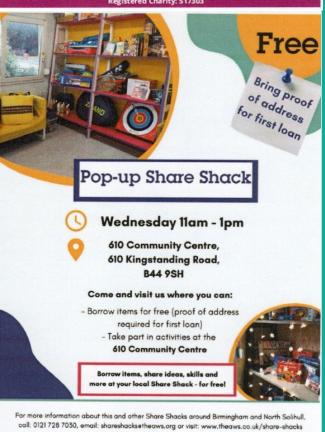
OPEN ALTERNATE TUESDAYS (from 18 April 2023) 10.15AM - 12.30PM



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

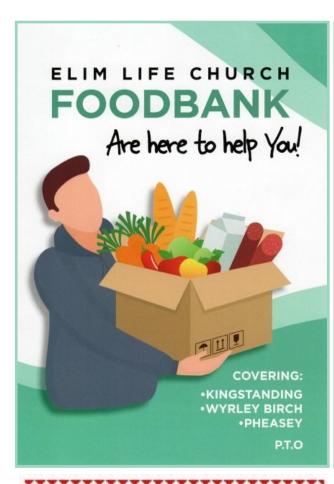
It's Free!



SPORT ENGLAND

See next page

Share Shack



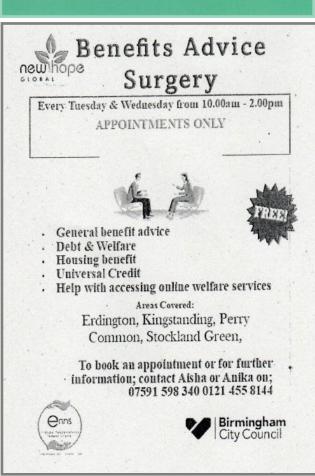


Need help with your daily housework chores?

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 period and beyond.

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

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

The services at each space will vary but may include:

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

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

www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

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

www.gov.uk/check-benefits-financial-support
Birmingham City Council has also developed several support factsheets which
provide useful information on a range of debt related issues. You can view and download Information or www.birmingham.gov.uk/debtadviceteam If you are strucoling with debt and need advice and support you can also

www.birmingham.gov.uk/helpinbrum which can help direct you to the right information.

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

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

Birmingham Mind

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 and children affected by domestic violence and abuse Support for women and children affe 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 citizenship
0121 374 0140 | www.rmcentre.org.uk

Spitfire Services

0121 747 5932 www.spitfireservices.org.uk

69



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

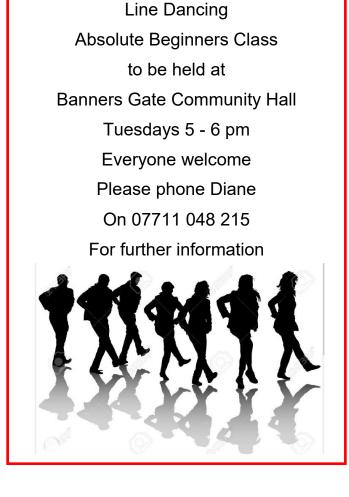


FREE first aid sessions in your local area

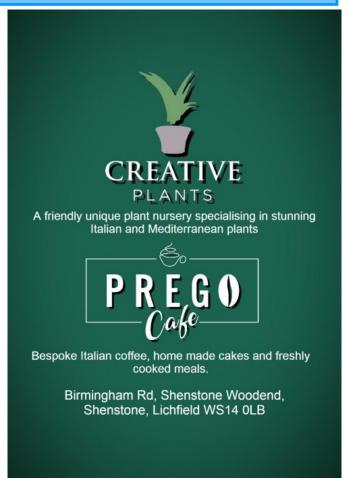
















Let your inner beauty emerge

Heal & Transform

Reiki Practitioner Transformational Mindset & Trauma-Informed Coach







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

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

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

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

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

Do you need guidance to a problem you are facing?

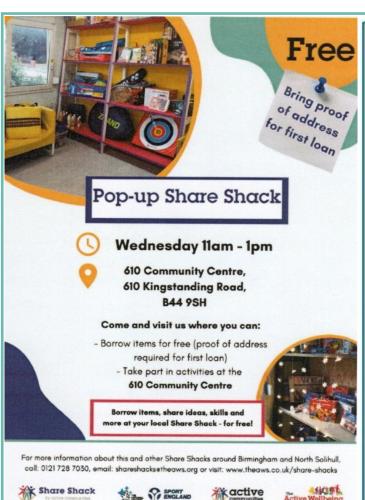
Would you like help to identify and set life goals?

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

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

To find out more please get in touch.

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







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





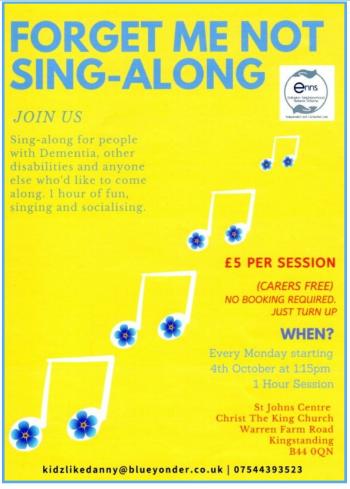
Home visiting Podiatrist



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!



Which?

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.

Take a look at some of the most common ways fraudsters carry out holiday scams 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.

Which?

New parking fine scam texts

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

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

Debt collection scam warning

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

If you receive a demand you're not sure about, don't pay it – <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 – find out how we helped him get his money back.

Scam sharer tool

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



Which? logo used for fake hearing aid adverts

Scam adverts on Facebook promoting hearing aids imply that they've been endorsed by Which?, but this isn't the case.

In September, we were alerted to a series of dodgy adverts for hearing aids using the Which? branding. When we reported them they were removed after a few days. But these adverts have reappeared and despite repeated efforts to get them taken down, they remain live. Take a look at this scam to make sure you don't fall victim.

Booking.com replaces customer service staff with Al bots

Booking.com scam victims are being forced to report traumatic fraud experiences to an Al bot and are struggling to get the help they need.

As staff cuts at Booking.com continue to erode customer service, we take a deeper look at the scam crisis on the site and reveal what needs to be done to fight back against fraud.

Why you can't always trust a celeb endorsement

Scammers are still using fake AI videos of famous faces to peddle their phoney crypto investment schemes online. Social media is a gateway for these kinds of scams, with adverts appearing on both Meta and Google platforms.

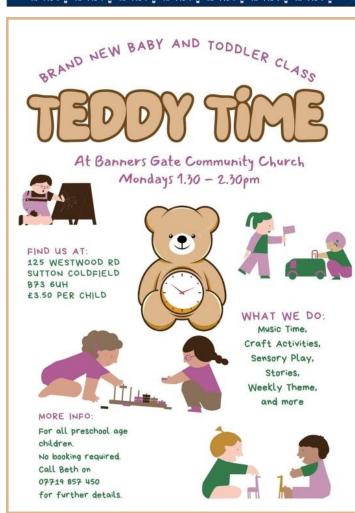
We reveal who the most commonly imitated celebrities are and how we were able to help some victims get their money back after falling for this scam.

Scam sharer tool

There's an easy way to make us aware of scams directly with our <u>scam sharer</u> <u>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 Instagram: gandt_partyhire



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.

Email: Gandtpartyhire@hot mail.com

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











"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 MON	TUE	WED	тнυ	FRI	SAT
Birmingham M Women's Gro 10am-2.30p Ageing Well Ta 11am-12pn Little Settlers Massage (St Learn & Pla; 12.30-2.30p Men's Cuppa (1-3pm	Dance Fit (50+) 10-11.30am at Chi Dog Training Group 10.30am-12.30pm Baby ay, () 6-8.30pm	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.

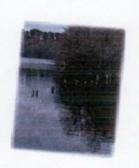
Anyone affected by Cancer is welcome.

All abilities catered for.

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

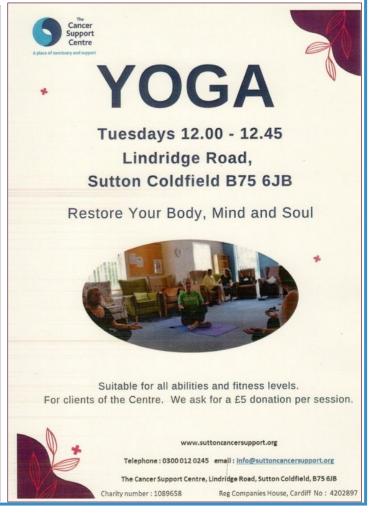








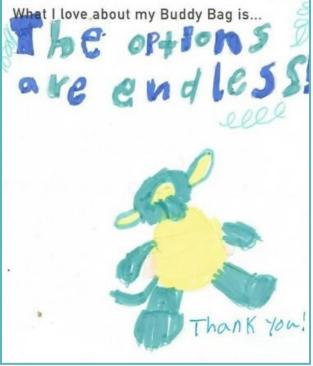














Ask your Four Oaks Financial Services Ltd adviser about our Lifestyle Financial Planning Service - we will be happy to show you how our cash flow modelling software can predict your financial future.



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 npliance and training purposes. buddy bag

Proud to support our nominated charity foundation

FT ADVISER TOP 100 FINANCIAL ADVISERS MEMBER 2021

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

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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

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

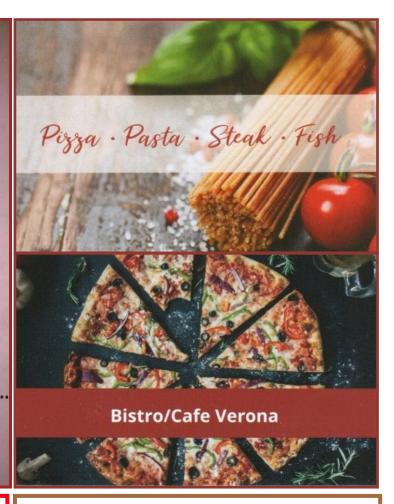
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



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.

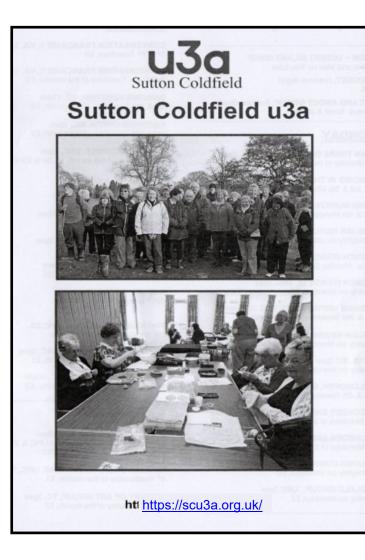


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

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...

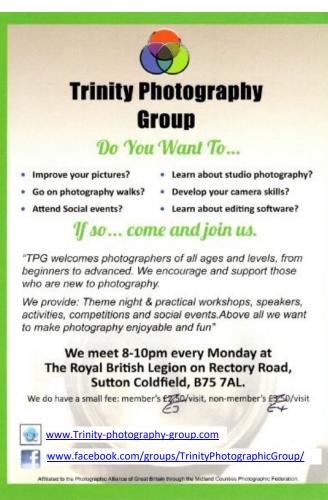
Family History can be a lonely activity and you may prefer the companionship of others on the trail of their ancestors' past. If that's the case, our U3A Genealogy Group is a great place to share tips, find help and get advice!

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





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.



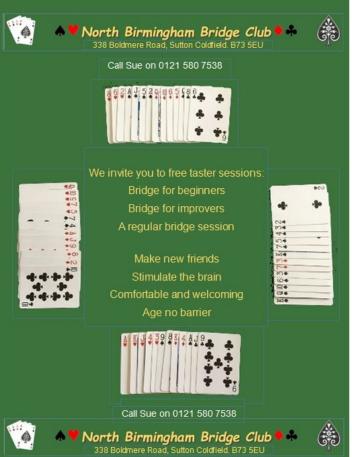


We meet on Friday evenings from September to April at: South Parade Methodist Centre Sutton Coldfield B72 1RB

Contact us at mail@suttonphoto.club
Find us at www.suttonphoto.club

or scan the Flowcode here

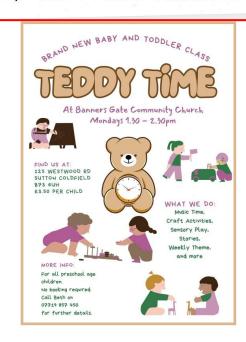
Photos above are by Catherine Nicholls, Steve West, John Cresswell & Malcolm Imhoff



CYCLE-WITH US

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

Enquiries John Bedford 0121 353 5136



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www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

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

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk







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 11th November - Christmas Demonstration with Andrew Lloyd "'Tis the Season " - fabulous flowers all raffled at end of meeting.

Why not join us - we are a friendly, enthusiastic Club - with visitors always welcome.

Further details - Chris Reeves tel: 0121 354 6264.

Richard Twistleton entertained us well this month, he is such a talented flower arranger, gardener and a very good competitor.

The flowers, colours and designs were beautiful, everyone wanted to win the raffle.







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

Come and join us at

"The Royal Sutton Coldfield Fuchsia & Gardening Guild"



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

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' 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.

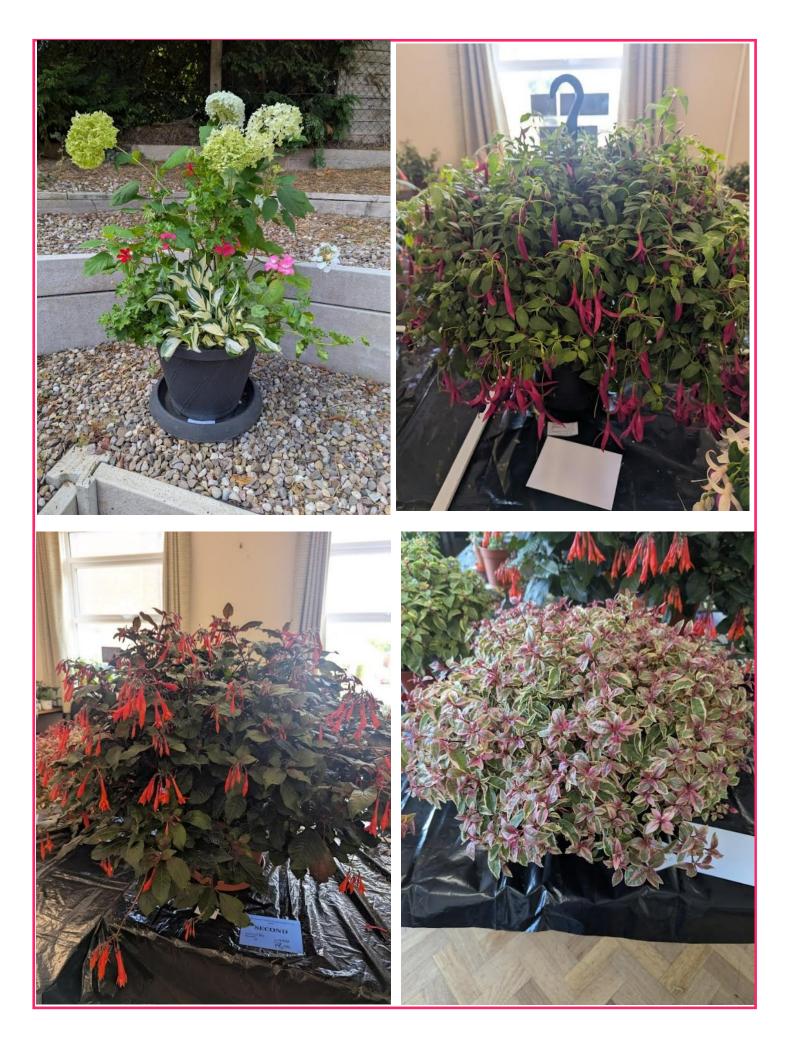
At our September meeting we had something a little different. We welcomed Andy and Kate from a company called Urban Herbs, who told us not only about the amazing herbs they grow, but also about how their company started and the impact that COVID and lockdown had. Like many businesses, they had to revaluate 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)

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

Guests Welcome

Non-members £6 entry

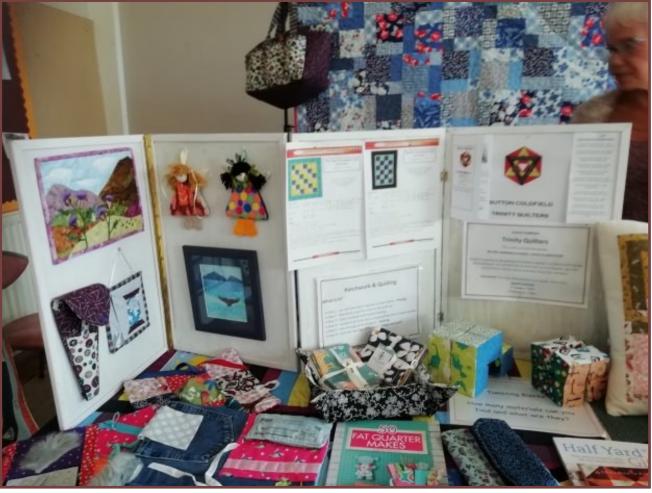
Membership includes

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

> 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 AGECONCEN

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) w.moneyhelper.org.ul

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

































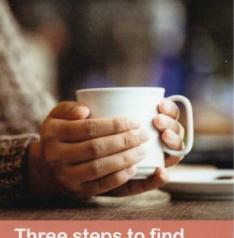






Worrying about money?

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 moneyUnexpected expense
- Disaster (e.g. flood or fire)
- · Relationship breakdown
- · Sanctioned (see option: 6)

See options @@ (3)

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 100



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?

Ocuncil Support Schemes

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

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

Maximise Your Income

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

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

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

BIRMINGHAM CITY COUNCIL

enquiries@bcabs.cabnet.org.uk

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

Help with options: 1 2 6 6

www.bcabs.org.uk

0121 453 0606



Advice on benefits, debt, housing and more

Help with options: 1 2 3 4 6 6

Help with options: 1 2 3 4 6 6

Benefit, debt and housing advice

www.theprojectbirmingham.org



money.advice@bsettlement.org.uk www.birminghamsettlement.org.uk

BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money 0121 250 0765

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES Advice on money, benefit, housing and

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

Help with options: 1 2 3 4 6 6

employment issues







Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support 0121 227 6540

CENTRAL ENGLAND LAW CENTRE

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

Help with options: (6)

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

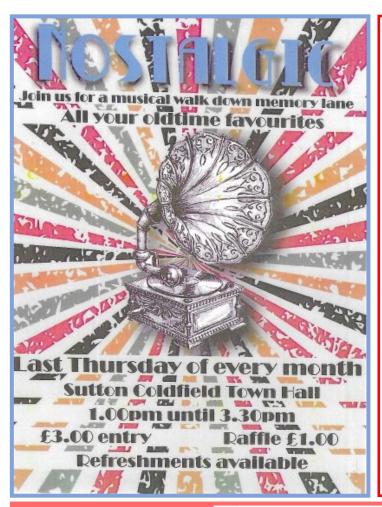
www.applyforleap.org.uk

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

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

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://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





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the right trade, whatever you job. From
builders to plumbers and electricians all of
our tradespeople are vetted, DBS checked
and working to current guidelines.

But you could try the **NO ROGUE TRADERS HERE** scheme run by many councils, including Birmingham.

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

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

In Partnership with Trading Standards

NOR ROGUE

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Do you want your advert here, for free of charge.

Email bgatepost@gmail.com

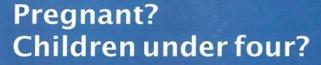




Discourage lawless individuals from breaking into your property with the modern security systems we provide for properties throughout Birmingham. Based in Great Barr, we are a small family-run business committed to providing state-of-the-art security systems effectively protect your property from harm. Primarily serving domestic and commercial customers, we design, supply, install, commission, and service all security systems in full accordance and compliance with the latest British and European standards. From supplying hightech CCTV systems and Burglar Alarms to installing fob Access Control systems and Fire Alarms, we are the first choice when you want to increase your property's security. To arrange a free, no-obligation consultation for any of the security systems we supply, please get in touch.

Phone no. 0121 386 2639

Email: info@cw-sec.co.uk Website: www.cw-sec.co.uk



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

fruit, veg, milk and vitamins for you 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 Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (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

If you sign up at the first opportunity, when you are tan weeks pregnent
 If you child a under one, you'll receive two £4.25 youchers per week.

If your child a under one of your discount of your child a under your one.









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Instagram: onlyrosiescakes
Email: rosie_p25@hotmail.co.uk



Norbury Maintenance

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

T: Dave Edwards 07305931199 E: norburymaintenance@gmail.com



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 2nd Floor, Plantsbrook House 94 The Parade, Sutton Coldfield 872 1PH O121 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**





Cafe Oasis

Freshly Cooked Meals Home Delivered

New menu every Friday Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

Contact Michelle on 07933 986 869 Monday - Friday 10am to 5pm

Cafe Casis 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





Home visiting Podiatrist



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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.

Maths Tuition

- Online with zoom (face-to-face if CV19 allows)
- · Years 9, 10 and 11. GCSE Maths
- Year 12 A-level Maths
- · Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students
- jsw7fr@hotmail.co.uk



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)

1.5 hour session 2 hour session 250 (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 £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>



Chongshin Do Academy of Martial Arts



Kickboxing * Jujitsu * Self-Defence * Fitness



Established in the area for over 22 years

Multi-style martial arts club welcome students of all ages and abilities*

Enthusiastic and experienced instructors

Four chances to grade a year for lower grades

Local and national kickboxing and jujitsu competitions open to all students

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. 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.

◆ 5k your way: move against cancer I
◆ @cancer5kYourWay

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

199 TYBURN RD ERDINGTON B24 8NB





Tuesdays 6pm

Traditional Pilates Exercises

Rehabilitation Exercises

Tone Up & Improve Strength

Improve Flexibility & Mobility

Improve Sleep & Well Being

Improve Balance & Coordination

The Loft Pilates & Yoga Studio







Pregnancy YogaLates







Osteopathy appointments available, with myself, based in the heart of Four Oaks.

Osteopathic Treatment can help with the following:

- Generalised aches and pains
- Joint Pains
- Osteoarthritis / Arthritic pain
- General, acute & chronic backache
 Neck pain
 - Frozen shoulder / Tennis elbow
 - Sciatica
 - Muscle spasms
 - Neuralgia
 - Sports injuries

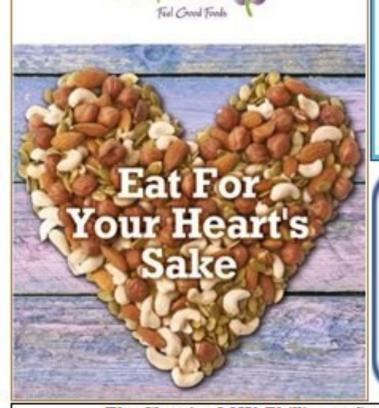
Call or email me for any questions or appointments on; 07855389528 or stephicesouteopathy@hotmail.com

The Clarence Spa, 312 Clarence Road, 874 4LT











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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 kingswaypheasey@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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CREATE at the Gate with K & S

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

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do. Banners Gate Community
Hall Coffee Mornings.
The next is on 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 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

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

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

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

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

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

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

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

Public Speaking for Absolute Beginners by Sally Jenkins

Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author: sallysjenkins@btinternet.com 0121 354 9941



0777 333 9214 admin@luckybuntys.co.uk



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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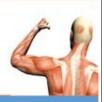
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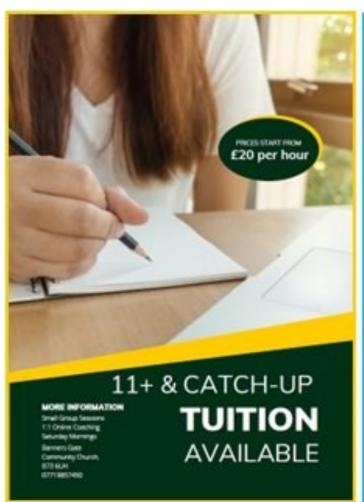


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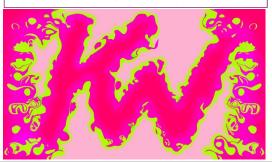




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St Columba's Church Hall

Hall letting for St Columba's Church.

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

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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,

<u>welcome</u>

what's on

meeting and much more!

hire our hall

view our hall

committee

<u>contact</u>

<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.

	or details see website at www.st		www.barmersgatech	
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	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 Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall	Shakila Kosar 07825 Shakila Kosar 07825 Shakila Kosar 07825 Diane Pursall	255042 255042 255042 747 4659
Tues 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 Dave Cockbill Neil Rankine Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 &12 10.30 - 12.00 6.30 — 7.30 7.00 pm	Baby Sensory Guide Dog Training Dance Fitness SlimmingWorld	Banners Gate CC Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
Thurs 10.00—11.00 am 7.30 on last Thursday 6.30 – 9.45 pm (3rd of each month) 7.00 pm	Yoga Neighbourhood Forum Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Tony Willis Warren 01902 Janice Jones 07955	40 39 43 605 4947 897 900 65 59 10
Fri 11.30 - 3.30 5.00—6.30pm 7.00 - 8.00 pm	Sign language Classes Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Shakila Kosar 07825 Chloe Lloyd 07729 Shakila Kosar 07825	25 50 42 47 79 46 25 50 42
Saturday 9—10am	Soul Yoga	Community Hall		

Useful telephone numbers

Sutton and Kingstanding

Police: 101 Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7

BANNERS GATE COUNSELLING CENTRE

Citizens Advice 03444 111 444

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

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

Scout Hall

UNIFORMED ORGANISATIONS:

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

The Townswomen's Guild

Thurs. 20th November -Christmas Past and Present - Mary Bodfish Thurs. 27th November - Christmas Party Thurs. 18th December - Christmas Social **CANCELLED**

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

> > Monday

Tuesday

Thurs 5.00 - 6.00pm 39th Rainbows

Banners Gate Community Church

Westwood Road, B73 6UH

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

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

St Columba's Church

Coffee Morning

Every Friday of the month

10.00 - Noon

All Welcome

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

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road Beavers 5.30 p.m. - 6.45 p.m. ages 6 - 8 years

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

Beavers 5.40 p.m. - 6.40 p.m. ages 6 - 8 years

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

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

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



5873

354 5873

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 Mon 6.00 - 7.30pm	Activity	Venue	Contact	Tel
Girlguiding UK	Mon 6.00 - 7.30pm	39th Brownies	St Columba's Hall		354
	Tues 6.00 - 7.30pm			Carol Gardner	350 7191

St Columba's Hall