

# *The Gatepost Supplement October 2025*



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

**198<sup>th</sup> October 2025**

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

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

**Midlands Hospitals' Choir** Musical Director **JAMES LEWELYN JONES** **PHOENIX SINGERS**

# Sing Noel, Alleluia!

**Sunday December 21<sup>st</sup> 4pm**  
**Birmingham Town Hall**

Guest Artistes:  
**Denise Leigh - Soprano**  
Semi finalist Britain's Got Talent 2024  
**Gemini Brass**

Organist: Richard Dawson

**Tickets £19-£27**

**The Guide Dogs for the Blind Association** **B:Music**

## Ticket Information

# Sing Noel, Alleluia!



## TICKET SALES

### Phoenix Singers:

Sally Powell 07870 196061

[tickets@phoenixsingersbham.org](mailto:tickets@phoenixsingersbham.org)

### Midlands Hospitals' Choir:

[secretary@midlandshospitalschoir.org.uk](mailto:secretary@midlandshospitalschoir.org.uk)

or from Choir members

### Birmingham Town Hall Box office:

0121 780 3333 or [www.bmusic.co.uk](http://www.bmusic.co.uk)

**B:MUSIC** is the charity responsible for  
Town Hall and Symphony Hall

### Prices £7-£27

Stalls A-D and T-U **£19**

Stalls E-S **£22**

Left/Right Side Circle **£27**

Circle Row A-E **£27**

Circle Row F-M **£24**

Children **£7**

**Please note:** Tickets purchased from B:Music Box  
Office incur an additional £1 - £5 commission charge





Royal Sutton Coldfield Choral Society and Orchestra  
Director Richard Mason

## **'IN HONOUR OF ST. CECILIA'**



**HANDEL:** Ode for St. Cecilia's Day  
**GOUNOD:** Messe Solennelle de Sainte Cécile  
**HOWELLS:** A Hymn for St. Cecilia

**Saturday November 22<sup>nd</sup>** at 7.30pm

Emmanuel Church, Wylde Green B72 1YG

**Tickets £15 (Students £7) - Call 0121 354 6999**

Visit us at [www.suttonchoral.com](http://www.suttonchoral.com)



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



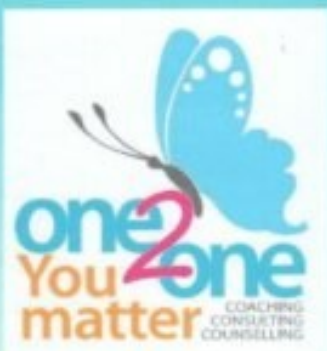
# LET'S GET MOTIVATED TO MANAGE OUR DIABETES

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

hello@cuppasquad.org Tel.0300 4 66 66 66 [www.cuppasquad.org](http://www.cuppasquad.org)







### Services We offer:

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

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

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



### OUR 6 WEEK COURSE COVERS:

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

### GET IN CONTACT:

**Sarah O' Sullivan, Nurse & Therapist**

Call Sarah on 07407 473 735 for more details.

Or email: [hello@one2oneyoumatter.com](mailto:hello@one2oneyoumatter.com)



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rdac



## freedom to move

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

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

See next page



## driving assessments

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

Types of driving assessments:

- Car
- HGV, LGV, PSV
- Motorbike



Scan for more information

## passenger assessments

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

Types of passenger assessments:

- Vehicle access
- Try b4u Fly
- Equipment loading



Scan for more information

## powered wheelchair and mobility scooters

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

How we can support you:

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



Scan for more information

## paediatric assessments

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

Types of paediatric assessments:

- Car seat assessment
- Bugzi assessment



Scan for more information

## driving school

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

Needs we support:

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



Scan for more information

**rdac**

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

T 0300 300 2240 E [info@rdac.co.uk](mailto:info@rdac.co.uk) W [rdac.co.uk](http://rdac.co.uk)

Registered Charity No. 1122214

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





2025

## Christmas at Holy Trinity

FREE ADMISSION

### Carols by Candlelight

Sun 21st December at 6.30pm

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

### Other Advent and Christmas Services

ALL FREE ADMISSION

### A Merry Messy Christmas

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

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



#### Toy Service Sun 14th December at 10am

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

#### Crib Service Wed 24th December at 3.30pm

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

#### Midnight Eucharist Wed 24th December at 11.30pm

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

#### Christmas Day Eucharist Thurs 25th December at 10am

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

#### Christingle Sun 1st February 2026 at 10am

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

## Become a Friend of Holy Trinity



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

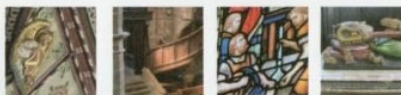
Each year, the Friends aim to raise at least £10,000. Since foundation, Friends has contributed to:

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

#### A number of membership subscriptions are available

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

Please visit [htsc.org.uk](https://htsc.org.uk)



#### CONTACT US

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

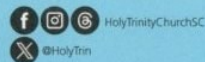
Tel: 0121 321 1144

Email: [friends@htsc.org.uk](mailto:friends@htsc.org.uk)

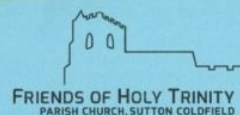
[htsc.org.uk](https://htsc.org.uk)

#### Patron:

Rt Hon Sir Andrew Mitchell MP KCMG.  
Holy Trinity Parish Church is a  
Registered Charity - No. 1133764.

HOLY TRINITY PARISH CHURCH  
ROYAL SUTTON COLDFIELD

## CONCERTS AND EVENTS 2025-2026



[htsc.org.uk](https://htsc.org.uk)

## Welcome

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

#### EARLY BIRD

### SPECIAL OFFER

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

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

ADULT £80 UNDER 18 £20 FAMILY £180

#### TICKETS FOR ALL CONCERTS:

ADULT £20

UNDER 18 £5

FAMILY £45

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

To book visit [htsc.org.uk](https://htsc.org.uk) or call 0121 321 1144

#### SEPTEMBER 2025

### Sounds Historical present 'More than a Woman'

Saturday 20th September 2025 at 7.30pm

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

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

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



#### OCTOBER 2025

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

Saturday 18th October 2025 at 7.30pm

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

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

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

So come along because it's Boogie Woogie Time!



#### MARCH 2026

### Sensation ABBA

Saturday 14th March 2026 at 7.30pm

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

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

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



#### MAY 2026

### Royal Sutton Coldfield Orchestra

Saturday 16th May 2026 at 7.30pm

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

#### JUNE 2026

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

Saturday 27th June 2026 at 7.30pm

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

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

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



### BOOK TICKETS

Visit [htsc.org.uk](https://htsc.org.uk) or call 0121 321 1144





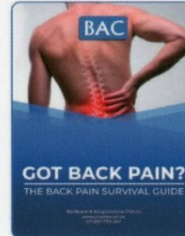
# Get Better Quicker



**Backcare &  
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Clinic**

## BAC

Download our free guides and find relief from pain.



### The Back Pain Survival Guide

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

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



SCAN ME



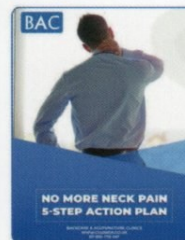
### The Ultimate Posture Checklist

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

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



SCAN ME



### No More Neck Pain Action Plan

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

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



SCAN ME



### Beat Back Pain Checklist

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

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



SCAN ME

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- ✓ Take your pick of traditional, family-friendly dishes or more adventurous recipes – all in generous portions and ready in around half an hour.
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Need help with your daily housework chores?

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

Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696

## Feel good fitness - free event at Mercia Grange



[BOOK NOW](#)

**Continued on next page...**



## Last Thursday of every month, 2pm - 3pm

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

**Event:** Feel good fitness

**Date:** Last Thursday of every month

**Time:** 2pm- 3pm

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

[REGISTER YOUR INTEREST](#)

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

Best wishes,

Rachel Mackay  
Customer Relations Manager



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## Sutton Coldfield Sea Cadets & Royal Marines Cadets

# Volunteers needed!

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

Sea Cadet  
Adult  
Volunteer,  
aged 30



Gain new skills and  
qualifications.



Develop leadership and  
teamwork abilities.



Make a positive impact  
on young lives.



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



[www.sea-cadets.org/suttoncoldfield](http://www.sea-cadets.org/suttoncoldfield)





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Birmingham

## Our Services:

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- Shopping Assistance
- Companionship
- Personal Care
- Live-In Care
- Day and Night Sits
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## Why Choose Us?

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

**Contact Us Today!**

**Office: 01922 351351**

**Mobile: 07429081222**

**Email: [homecaringangels@outlook.com](mailto:homecaringangels@outlook.com)**

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





Please Bring  
Donations  
to:

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



Urgent!  
Food  
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Needed!  
Now!

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

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




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

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

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

Scan me to find your nearest location and sign up!



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

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



**Love cooking? Enjoy hosting?**

**Want to meet new people?**

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



**Volunteer with FoodCycle!**

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

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

**When**  
Monday

**Time**  
1:00 pm

**Contact**  
[falconlodge@foodcycle.org.uk](mailto:falconlodge@foodcycle.org.uk)

**Family Friendly**  
Yes

**Accessibility - Disabled Toilet**  
Yes

**Accessibility - Disabled Parking**  
Yes

**Accessibility - Flat**  
Yes



## SUTTON COLDFIELD



## TUNELESS CHOIR

*singing like no one is listening*



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



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

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

### Free Taster Session



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



Contact:

Lisa Martin on 07969 436059

E: [suttoncoldfield@tunelesschoir.com](mailto:suttoncoldfield@tunelesschoir.com)

W: [www.tunelesschoir.com](http://www.tunelesschoir.com)

## SUTTON COLDFIELD TUNELESS CHOIR



*singing like no one is listening*

### What our members say ....



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

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



"Great place to meet/make friends"

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

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

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

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



## SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

### Mondays:

Gaming Club 4-6pm

(Monthly, dates advertised online)



### Tuesdays:

Home Ed Group 12-2pm

Lego Club 4-6pm



### Thursdays:

Pre-School Lil Club 9.30-11am

Disabled Adult Social Session 1-3pm



### Fridays:

Story time Home Ed Group 1-3pm

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



Monthly Parent Carer Breakfast Meetups  
and Coffee Mornings

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



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

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

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

Square Peg Activities Limited,

37-39 Gate Lane, B73 5TR

Would you like your  
free advertisement  
here





### What people say...

“

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

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

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

”

## Get in touch

If you...

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

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

Please contact:

Read Easy Birmingham North,  
Tamworth & Lichfield

Referral Networker

T: 07590 829795

E: [bntlnetworker@readeasy.org.uk](mailto:bntlnetworker@readeasy.org.uk)

Visit us online:

**readeasy.org.uk**

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

 **Read Easy**  
Helping adults learn to read



## Do you know someone who struggles to read?

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

It's friendly, flexible and fun!



## What we do

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

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

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

### Getting started is easy!

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

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

### Who can learn?

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

### Who can volunteer to help?

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

### What books will we use?

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

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

\* Published by Shannon Trust



### Where do we meet?

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

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

### How long will it take?

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

Certificates are presented at intervals to recognise progress.

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





Foot Health Care Clinic - Streetly

07379 119 365

Marie Bourgeois RFHP MCFH

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

Foot health routine maintenance

Diabetics welcome

Nail trimming

Thick nails

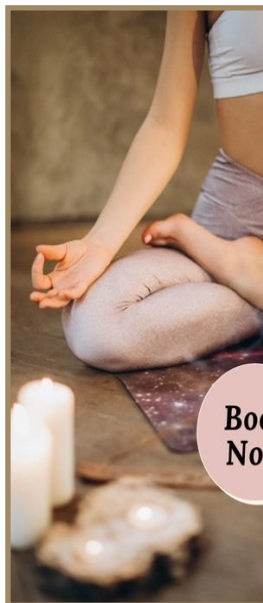
Corns, Callus and Hard skin removal

Verrucae, Fungal and Ingrown nails

- Qualified - Registered - Insured - DBS Checked

Registered Foot Health Practitioner - footreg.org

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



## YOGA CLASS

One hour of stretching and relaxation for your body & mind

Banners Gate Community Centre

saturday 10.15 - 11.15

**Book Now**

Email

[classeswithgem@outlook.com](mailto:classeswithgem@outlook.com)

## PILATES CLASS

By Boutique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

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

£7 per session

Contact Madge Reynolds for further details



07305330324



[boutiquefitness66@gmail.com](mailto:boutiquefitness66@gmail.com)



SUTTON PARK GRANGE  
CINNAMON LUXURY CARE

## DEMENTIA FRIENDLY CINEMA

LAST WEDNESDAY OF EVERY MONTH, 2.30PM

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

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

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



Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://www.cinnamoncc.com/suttonparkgrange)



# Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

## Step 1: What's the problem?

### I suddenly have no money

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

See options 1 2 3 6

### My money doesn't stretch far enough

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

See option 1 2

### I have debt

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

See option 3

### I am waiting on a benefit payment or advance

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

See options 1 4

## Step 2: What are some options?

### 1 Council Support Schemes

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

Find out more at: [www.birmingham.gov.uk/benefits](http://www.birmingham.gov.uk/benefits)

### 2 Maximise Your Income

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

### 3 Debt Advice

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

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

### BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

### BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

### CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more  
0344 477 1010  
[enquiries@bcabs.cabnet.org.uk](mailto:enquiries@bcabs.cabnet.org.uk)  
[www.bcabs.org.uk](http://www.bcabs.org.uk)

Help with options: 1 2 3 4 5 6

### SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

### THE PROJECT

Benefit, debt and housing advice  
0121 453 0606  
[www.theprojectbirmingham.org](http://www.theprojectbirmingham.org)

Help with options: 1 2 3 4 5 6

### CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support  
0121 227 6540  
[enquiries@centralenglandlc.org.uk](mailto:enquiries@centralenglandlc.org.uk)  
[www.centralenglandlc.org.uk](http://www.centralenglandlc.org.uk)

Help with options: 6

## Other Support

**Birmingham and Solihull Women's Aid**  
Support for women and children affected by domestic violence and abuse  
0800 800 0028 | [www.bswaid.org](http://www.bswaid.org)

**Shelter**  
Housing advice  
0800 800 4444 | [england.shelter.org.uk](http://england.shelter.org.uk)

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

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

**Turn2Us**  
Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)  
[benefits-calculator-2.turn2us.org.uk](http://benefits-calculator-2.turn2us.org.uk)

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

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

## For Migrants, Asylum Seekers and Refugees

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

**ASIRT**  
Advice on immigration and support options for people facing destitution because of the precarity of their immigration status  
0121 213 5893 | [www.asirt.org.uk](http://www.asirt.org.uk)

**Migrant Help**  
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK  
Asylum helpline: 0800 8010 503  
[ASCorrespondence@migranthehelpuk.org](mailto:ASCorrespondence@migranthehelpuk.org)  
[www.migranthehelpuk.org](http://www.migranthehelpuk.org) (Webchat available)

**The Refugee and Migrant Centre**  
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship  
0121 374 0140 | [info@bham@rmcentre.org.uk](mailto:info@bham@rmcentre.org.uk)  
[www.rmcentre.org.uk](http://www.rmcentre.org.uk)

## About this leaflet

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

Feedback? What did you find useful about this guide? [www.bit.ly/moneyadvicefeedback](http://www.bit.ly/moneyadvicefeedback)



## 4 Benefit Advance

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

## 5 Hardship Payment

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

## 6 Challenge a Decision

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

Confidential advice

### DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

### CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty  
0800 328 0006  
[www.capuk.org](http://www.capuk.org)

Help with options: 3

### WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home  
0800 196 8298 (option 1)  
[www.warmerhomesWM.org.uk](http://www.warmerhomesWM.org.uk)

Help with options: 1 2 4 6

## Other Support

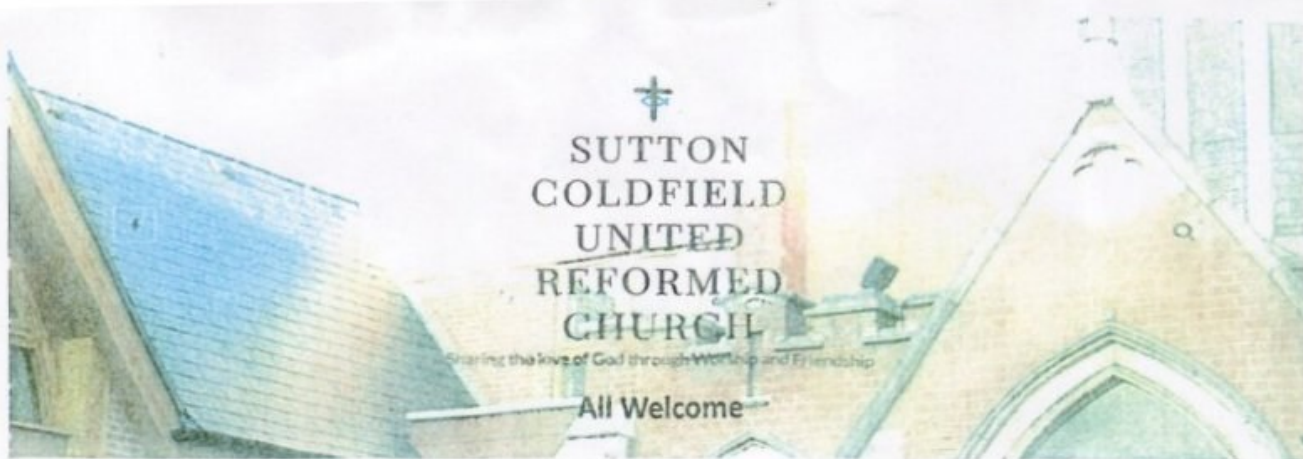
**Stop Loan Sharks**  
Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)  
[reportaloanshark@stoploansharks.co.uk](mailto:reportaloanshark@stoploansharks.co.uk)

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

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

**Birmingham Mind**  
Providing advice, information and signposting for people affected by mental health issues  
0121 262 3555 | [help@birminghammind.org](mailto:help@birminghammind.org)  
[www.birminghammind.org](http://www.birminghammind.org)





## GROWING OUR COMMUNITY TOGETHER



### CAFÉ OASIS

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



### So many Activities and Services for you!

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

### FOOD4U FOODBANK

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

Telephone or email us at:

**0121 355 1217**

**cafe.oasis@scurc.org.uk**

### Find out more by visiting us:

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

Or at our website: [www.scurc.org.uk](http://www.scurc.org.uk)

## Useful Birmingham City Council phone numbers

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

## SignVideo BSL interpreting service for deaf people

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

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

## Next Generation Text

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

Dial 18001 before the full national phone number.



## Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

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

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

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



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

## Grace Cares is a not-for-profit organisation

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

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

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



**BUY PRE-LOVED  
CARE EQUIPMENT**



**GET HELP &  
SUPPORT**



**DONATE OR GET  
INVOLVED**



### Let's work together





# Sutton Coldfield Family Hub at Holland House Children's Centre

## Holland House Children's Centre

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

Limited parking is  
Pay and Display

## Emmanuel Church

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

Car park available

## Falcon Lodge Methodist Church

Newdigate Road, B75 7ER

Street parking only



# Sutton Coldfield Family Hub at Holland House Children's Centre

18/08/2025 — 22/08/2025

## Tuesday

Music and  
Movement

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

Holland House CC



## Wednesday

Play and Learn

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

Emmanuel Church



Thank you  
for spending  
the summer  
with us!



**ANGUS STEAKHOUSE –**

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

**ASDA –**

Kids eat for £1 daily, with no adult spend

**ASK ITALIAN –**

Kids under 10 eat for £1 during school holidays

**BEEFEATER –**

Kids Eat FREE with Newsletter Voucher this Summer

**BELLA ITALIA –**

Children eat for £1 with any adult main

**BILLS –**

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

**BREWERS FAYRE –**

Kids Eat FREE with Newsletter Voucher this Summer

**BREWDOG –**

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

**BURGER KING –**

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

**CHIQUITO –**

Kids eat FREE Daily Until August 31st

**DOBBIES GARDEN CENTRES –**

Kids eat for £1 with an adult breakfast or lunch

**FRANKIE & BENNY'S –**

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

**GORDON RAMSEY RESTAURANTS –**

Kids under 10 eat FREE all day, every day

**HARVESTER –**

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

**HUNGRY HORSE –**

Kids eat for £1 on Mondays

**LAS IGUANAS –**

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

**IKEA –**

Kids get a meal for 95p daily from 11 am

**MARCO PIERRE WHITE –**

Kids under 12 Eat FREE daily with an adult spend

**MORRISONS –**

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

**PAUSA CAFE @ DUNELM –**

Kids eat FREE with every £4 spend after 3pm

**PREMIER INN & TRAVELODGE –**

2 kids eat for FREE with 1 adult breakfast

**PRETO –**

Kids up to age 10 eat free with 1 paying adult

**PUREZZA –**

Kids under 10 get free pizza with every adult meal

**SA BRAINS PUBS –**

Kids eat for £1 on Wednesdays

**SIZZLING PUBS –**

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

**TABLE TABLE –**

2 Kids Eat free breakfast daily with 1 paying adult

**TESCO –**

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

**TGI FRIDAYS –**

Kids Eat Free with any adult meal (Via App)

**THE REAL GREEK –**

Kids under 12 eat FREE Sundays with £10 spend

**TOBY CARVERY –**

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

**WHITBREAD INNS –**

2 kids eat for FREE with 1 adult breakfast

**YO! SUSHI –**

Kids eat free all day (weekdays) in school holidays

**ZIZZI –**

Kids eat free this summer holidays (ex Saturdays)







in association with  
**Spurgeons**  
together with families

## Where can you find us?



### **Sutton Coldfield Family Hub at Holland House Children Centre**

Holland Road, B72 1RE  
Telephone: 0121 752 1860

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

### **Holland House Day Nursery**

Holland Road, B72 1RE

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

### **Emmanuel Church**

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

### **Mere Green Library**

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

### **Stepping Stones**

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

### **Footsteps**

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

### **Preparing for Parenthood**

Free antenatal session for  
expectant families

### **Little Talkers**

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

### **KID's Family Group**

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

### **Other activities and services available at our centres**



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



**Sutton Coldfield Children's Centres**



[amy.mimicnope@birmingham.gov.uk](mailto:amy.mimicnope@birmingham.gov.uk)

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

Then join us on Wednesdays, 5.45pm, at

**EMMANUEL CHURCH**  
Little Green Lane, Wylde Green  
Sutton Coldfield

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



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

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

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

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

**theWI**  
**INSPIRING WOMEN**



thewi



womensinstitute



womensinstitute



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

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

**Come and Find Out More**

**First Wednesday of Every Month**

**7 -9pm**

**Newman Community Centre**

**13A Boldmere Road**

**Sutton Coldfield**

**B73 5UY**

**For More Information Email;**

**cathmarsh73@icloud.com**



## CARER'S ASSESSMENT & WELLBEING PAYMENT

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

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

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

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

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

0333 006 9711

info@birminghamcarershushub.org.uk

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



Caring For Carers

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

caringforcarers.org.uk



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

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

forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



## CARING FOR A FAMILY MEMBER OR FRIEND?

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



0333 006 9711

birminghamcarershushub.org.uk

## Carers Hub :

### *"Caring for a family member or friend?"*

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

### *What do we do?*

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

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

Continued on next page...

*...continued from last page*

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

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

*Visit us at [www.birminghamcarershub.org.uk](http://www.birminghamcarershub.org.uk) to look at the comprehensive services and support on offer for unpaid carers in Birmingham from us and our partner organisations.*

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

*Additionally the website has:*

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

*Please contact the team on 03330 069711 or  
Email: [info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk)*



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

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



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

0333 006 9711

dementiacarers@birminghamcarershub.org.uk

birminghamcarershub.org.uk

### Herbert Protocol Form

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



### Dates & Times

Your Nearest Support Group is:

The next Carer Awareness Session is:

The next Dementia Carer Drop-in is:

Speak to our Dementia Carer Advisors on 0333 006 9711 or email [dementiacarers@birminghamcarershub.org.uk](mailto:dementiacarers@birminghamcarershub.org.uk)

To find out about your local Dementia Carers Hub support group call 0121 437 0033 or email [dementiacarers@birminghamcarershub.org.uk](mailto:dementiacarers@birminghamcarershub.org.uk)

Visit our website [birminghamcarershub.org.uk](http://birminghamcarershub.org.uk)



## SUPPORT FOR DEMENTIA CARERS IN BIRMINGHAM

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



AGE concern Birmingham

Birmingham ageUK

DEMENTIA CARERS COUNT

### Dementia Carers Hub:

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

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

*You will benefit from:*

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

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

# Friends First

## Safe local spaces to make new friends

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

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



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

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

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



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

AGEconcern  
Birmingham

Birmingham  
ageUK

Birmingham  
City Council

# Befriending Service

## Safe local spaces to make new friends

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

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



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

## New friendship group:

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

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

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

AGEconcern  
Birmingham

Birmingham  
City Council

SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME

# Friends First

## Safe local spaces to make new friends

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- ✓ Feeling bored and not sure how to fill your time?
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Our Friends First Community Groups are a great way to get out and socialise with other people.



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

## New friendship group for over 50s:

Hargreave Community Lounge, Hargreave Close  
Walmley. B76 1GR  
Every Wednesday 11am to 12:30pm  
Tea and coffee provided  
Call Julia on 07985270599 for information

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

AGEconcern  
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City Council





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

## Alan Ledger

### MEET THE PHOTOGRAPHER

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

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

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

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

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

### ALAN'S BIOGRAPHY

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

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

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

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

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

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

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

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

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

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

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



Hi all,

1975 was a bad year for going abroad, I had just bought a house that needed plenty of work on it so just one trip was made on a two dayer to northern Germany. Unfortunately the weather was dire. Day one thick grey cloud, day two thick grey cloud and heavy rain. We had given up on the action shots and had made our way to Rheine and the depot even here you needed a tripod! To get any decent pictures.

Three engines stand on the disposal roads, 042-105 2-8-2 oil burner, by now all of this class was stationed here at Rhine and there were a good number of them.

Class 050

2-10-0 052-188 although the largest class of steam engine in West Germany very few seen here. Finally, the tender of 043-336 a 3 cylinder 2-10-0 most of which were

Allocated at Rheine with some at Emden. This one is having its water and oil tanks replenished before its next duty probably north on one of the many block trains bound for the docks at Emden.

April 1975.

Regards

Ledg.



See next page



Hi all,

A panoramic view of the valley looking down past the village of Vordenberg Mark to the town of Vordenberg Austria, which is out of sight around the bend.

97-210 an 0-6-2 tank rack fitted engine is seen pushing the 12.39 up the steep gradient from Vordenberg to Eisenerz away from Vordenberg Mark station on a miserable May Day. Winter persists late high up here in the mountains, nothing seems to be growing yet.

1st May 1974.

Regards

Ledg.



[www.scrs.club](http://www.scrs.club)

# SUTTON COLDFIELD

RAILWAY SOCIETY



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

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





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

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



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

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

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





Opposite CEX on the corner.



## CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES  
**SCHOOLS**  
CORPORATE  
TEAM BUILDING  
**CLUBS**



PROSECCO NIGHTS  
**HEN/STAG**  
BABY SHOWERS  
**SOCIAL**  
**AND MORE**

[MILITARYCHEF.CO.UK](http://MILITARYCHEF.CO.UK)

VETERAN OWNED AND OPERATED





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



# Love For Babies

## Fun Interactive Baby & Toddler Sessions

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

**Baby Sessions:**  
Tuesdays & Thursdays  
Beacon Church  
Pheasey

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

Contact us for more information or to  
book your space



### Contact:

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



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

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

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

### Trio Of Love 4 Week Course

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

### Baby Massage & Spa 5 Week Course

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



### Love To Spa

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

### Love To Play

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



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



## Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+  
Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

**EXAMS - FESTIVALS - SHOWS**

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





## Let Bridgewater Photography capture your special moments

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

Bridgewater Photography service covers:

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

BRIDGEWATER  
PHOTOGRAPHY

**Call Donna on 079 1321 3299**

### Customer comments:

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

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

**[www.facebook.com/BridgewaterPhotographyUK](https://www.facebook.com/BridgewaterPhotographyUK)**  
**[www.bridgewater-photography.com](http://www.bridgewater-photography.com)**



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

You could get help to buy:

Plain cow's milk


Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart



## What can I buy?

### Fruit and vegetables

#### ✓ They can be:

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

#### ✗ They cannot:

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

### Plain cow's milk

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

#### ✗ It cannot be:

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

### Infant formula

#### ✓ It should be:

- suitable from birth
- made from cow's milk

### Healthy Start vitamins

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

If you live in England, find your nearest vitamin provider on the NHS Healthy Start website: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

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

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

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Or call us on 0300 330 7010

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



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

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



## NHS Healthy Start

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



## What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



## Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

## How to apply

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

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

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



## **Alzheimer's Society Dementia Support**

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



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia





**If you need help call 0333 150 3456**

Email us at [enquires@alzheimers.org.uk](mailto:enquires@alzheimers.org.uk)

Or visit [alzheimers.org.uk/get-support](https://alzheimers.org.uk/get-support)

## Talk to someone who understands

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

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

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

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

“

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

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

”



## Get the help and support you need

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

Call **0333 150 3456**

Or visit [alzheimers.org.uk/get-support](https://alzheimers.org.uk/get-support)

### Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



Registered with  
**FUNDRAISING  
REGULATOR**



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

DSSU



SUTTON COLDFIELD  
**NEIGHBOURHOOD  
NETWORK SCHEME**



GROWING OUR  
COMMUNITY TOGETHER  
SUTTON COLDFIELD MHS



SUTTON COLDFIELD  
**NEIGHBOURHOOD  
NETWORK SCHEME**



AGEconcern  
Birmingham



Compass Support  
Part of The Pioneer Group

**MY NNS**

## **HANDBOOK:**

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



GROWING OUR  
COMMUNITY TOGETHER  
SUTTON COLDFIELD MHS

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

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





SUTTON COLDFIELD  
**NEIGHBOURHOOD  
NETWORK SCHEME**

SEPTEMBER 2025

WELCOME TO OUR

# September Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

## Welcome to our monthly Newsletter

Hello All!

We hope you're well and have enjoyed a Summer break, what fantastic weather it has been! This month we have some exciting upcoming plans, including taking part in a boot sale at Minworth... not to buy and sell, rather to take part in an exchange of conversations! We'd love to find out what activities people would like to see in Minworth – we want to get to know the area better and discover the gaps.

As usual, if you have any relevant snippets for our October newsletter, or would like to share an NNS 'Story of Difference' please get in touch at [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

**THANK YOU!**

From Pete, Rachel, Suzy, Joe, Manjit, Joy and Cathy



Joe outside the Boldmere Methodist Church after a successful Welfare Benefits training session for our community assets exploring Disability Benefits.

### SPREAD THE WORD

#### Occupational Therapy Service for Adults in Birmingham

Did you know there are 13 drop-in Occupational Therapy clinics across Birmingham? Whether you're looking for support with daily activities, mobility, or equipment to help at home, these clinics are here to help. To find your nearest clinic and learn what to bring to your appointment, click [here](#)



### SAVE THE DATE

#### Age Concern Birmingham Information Session

Pop along to the Age Concern Birmingham Information Session, where members of team will be there to give information on wider services.

📍 **Foyer, Mere Green Community Centre,**  
30a Mere Green Road, B75 5BT  
📅 **Monday 15<sup>th</sup> September 2025**  
🕒 **11am-2pm**



## CAPACITY BUILDING

### Monthly Welfare & Benefits Training session

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

Tuesday 7<sup>th</sup> October 2025

#### Bereavement Benefits

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

📍 **Boldmere Methodist Church,**  
104 Boldmere Rd. B73 5UB

To book please email:

[nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

## SPREAD THE WORD

### Women's Art & Gardening Group – EcoGrow

#### 🌱 Women's Art and Gardening Group at Sunnybank Fields

📍 Sunny Bank Fields Allotment, B73 5RJ

🕒 Weekly during term time

✉️ Naomi – [ecogrowcic@gmail.com](mailto:ecogrowcic@gmail.com)

Suggested donation: £3 (optional)

Sessions are free thanks to funding from Sutton Coldfield NNS

We're proud to support this inspiring weekly group for women, hosted by EcoGrow at Sunnybank Fields Allotment. It's a welcoming space to connect, create, and explore wellbeing through nature and community.

**Activities include:** ★ Creative practices like crafts and journaling ★ Gardening and outdoor skills ★ Discussions on nutrition, fitness, and healthy lifestyles ★ A relaxed, inclusive environment to reflect, share, or simply be.

#### 🏠 Meeting Point:

Green gate between houses 66 and 68 Sunnybank Road

🌳 Outdoor sessions in warmer months; indoor gatherings at Britwell Church during colder weather.

We're delighted to help make this space possible—where women can come together, support one another, and grow in every sense of the word.



## SPREAD THE WORD

# Holistic Healing Through Sound Vibration – Drumatised

## Holistic Healing

through sound vibration

A unique journey to self-healing through ancient practices for modern well-being and healthier lifestyle

Indian Classical Raag singing designed to heal, uplift and transform. Yoga-Chi (a fusion of Yoga and Tai Chi) following movements with breath. Herbal and nutritional guidance to support a healthier lifestyle.

These sessions will take you on a journey: through the uplifting tones of Raag singing, the flowing sequences of Yoga-Chi and the practical knowledge of herbal and nutritional wisdom.

**FREE** classes

All welcome to join

**St Chad's Community Church Hall**  
Hollyfield Road,  
Sutton Coldfield. B75 7SN.

**2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month**

**10am - 11:30am**

**Free Light Refreshments**

Workshops delivered by highly qualified and experienced practitioners



**Satpal Singh**  
Yoga, Tai Chi and Meditation tutor



**Pritam Singh**  
Indian classical musician and Raag singing teacher



**Dalbir Kaur**  
Medical herbalist, Nutritionist and healthy lifestyle therapist

For further enquiries please contact:

Pritam 0773724697

E: [pritam@drumatized.com](mailto:pritam@drumatized.com)

E: [adstchads@hotmail.co.uk](mailto:adstchads@hotmail.co.uk)



Sutton Coldfield  
NNS

Join **Drumatized** for a unique journey to self-healing through ancient practices such as **Indian Classical Raag singing, Yoga-Chi** and herbal / nutritional guidance. Delivered by: Satpal Singh, a yoga, Tai Chi and Meditation tutor; Pritam Singh, an Indian classical musician and Raag singing teacher and Dalbir Kaur, a medical herbalist, Nutritionist and healthy lifestyle therapist. The sessions are funded by Sutton Coldfield NNS.

All classes are **FREE**.

📍 **St Chad's Community Church Hall,**  
Hollyfield Rd, Sutton Coldfield, B75 7SN

**2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month**  
starting Wednesday 10<sup>th</sup> September 2025  
🕒 10am-11.30am

Everyone is welcome.

For further information please email:  
**[pritam@drumatized.com](mailto:pritam@drumatized.com)**

## CAPACITY BUILDING

# Understanding Loss & Grief Workshop

## UNDERSTANDING LOSS & GRIEF WORKSHOP

**24th September**  
**10.30am-1pm.**

Sutton Coldfield United  
Reformed Church  
1 Brassington Ave,  
The Parade, B73 6AA



**FREE  
TRAINING  
OFFER !**

**Limited spaces!**

This 2.5 hour interactive workshop is aimed to give attendees the confidence to approach and have supportive conversations with those around them who are coping with loss, and have an increased awareness of useful resources to support those who need further help.

To reserve your space email: [info@evolveandflourish.co.uk](mailto:info@evolveandflourish.co.uk)

## Understanding Loss & Grief Workshop.

This **FREE** interactive workshop is aimed at community groups and volunteers in Sutton Coldfield to give attendees the confidence to approach and have supportive conversations with those around them who are coping with loss, and have an increased awareness of useful resources to support those who need further help.

📍 **Sutton Coldfield United Reformed Church**  
1 Brassington Ave. The Parade, B73 6AA  
📅 **Wednesday 24<sup>th</sup> September 2025**  
🕒 **10.30am-1pm**

To reserve your space email:  
[info@evolveandflourish.co.uk](mailto:info@evolveandflourish.co.uk)



## SPREAD THE WORD

### Grow Family Services - SEND Community Day



## SEND Community Day

#### EVENT DETAILS

**Thursday 9 October 2025**  
**SUTTON COLDFIELD**  
**TOWN HALL, UPPER**  
**CLIFTON ROAD, B73 6DA**

The Day will be split into two sessions:  
**09:30- 11.30 AM**  
**12:30 - 2:30 PM**

Grow Family Services would like to invite you to come and meet SEND services. Chat with service providers and get more information on what is available in Birmingham

This event is free of charge to attend

On the day there will be services from the Local Authority, NHS and Social Care, Occupational Therapy, Speech and Language, Senar, Local Charities, Early Help, Private Professionals and an Autism Awareness Bus.

#### To Book:

[www.growfamilyservices.org/whatwedo](http://www.growfamilyservices.org/whatwedo)  
[www.ticketsource.co.uk/grow-family-services](http://www.ticketsource.co.uk/grow-family-services)



## SEND Community Day

**Thursday 9<sup>th</sup> October 2025**

**9.30-11.30am or 12.30-2.30pm**

**Sutton Coldfield Town Hall,**  
**Sutton Coldfield, B73 6AB**

Grow Family Services is holding a FREE community event where you can come meet, chat and get more information on services that are supporting SEND.

On the day you will find representatives from the local authority, professional services including Education Psychologists, CAT team, OT, SALT, Senar, groups and charities, Early Help, private professionals and an Autism awareness bus.

To book to attend, or enquire about holding a table please visit

[www.growfamilyservices.org/whatwedo](http://www.growfamilyservices.org/whatwedo)



**BIRMINGHAM**  
**TALKING**  
**NEWSPAPERS**

FOR THE BLIND & VISUALLY IMPAIRED

## KNOW SOMEONE WHO CAN'T READ THIS POSTER?



**Print difficult to see?**



**Listen to it instead**



We provide a **FREE** player for you to listen and enjoy

**FREE** weekly local news, information and items of interest



For more information contact: **0300 330 1404**  
 email: [info@btbnvi.org](mailto:info@btbnvi.org)  
 website: [www.btnbvi.org](http://www.btnbvi.org)

## SPREAD THE WORD

### Birmingham Talking Newspapers

Birmingham Talking Newspapers are offering a free player providing weekly local news, information and items of interest for the blind and visually impaired.

To find out more please call 0300 330 1404  
 Email [info@btbnvi.org](mailto:info@btbnvi.org)  
 Or visit [www.btnbvi.org](http://www.btnbvi.org)

### Sutton Coldfield NNS Facebook page

Have you liked or followed our Sutton Coldfield NNS Facebook page? It's a great way to keep up with all our NNS and community group news.

You can find us [here](#)





## STORY OF DIFFERENCE

## VI Social – Visual Impairment Social Group



Last year, VI Social received funding to enhance the accessibility of their monthly advice and guidance meetings, as well as their regular social activities. As part of their efforts, the group has moved to Microsoft Teams, which they've found to be more accessible than Zoom for their members. The funding also supports the development of accessible promotional materials, covers transport and trip costs, and helps with volunteer expenses—all aimed at reaching more people and making their services even more inclusive. What makes VI Social especially unique is that it's entirely run by individuals with sight loss, including the chairperson and treasurer. It's a delight to hear how they've got on!

"After being diagnosed with a degenerative eye condition, a member withdrew from social life and felt increasingly isolated. She discovered VI Social through a hospital referral and now regularly attends in-person events and online meetings. She recently shared:

*"I used to feel invisible. Now I have somewhere to belong, people who understand, and even friends who check in on me during the week. It's completely changed my life."*

One member was born blind and whilst he lives his life fully he has expressed how much he has enjoyed being part of this group and offering support/sharing knowledge with others. He has said:

*"It's been great to be able to give back to those in the group and offer support where I can. It's also great to be able to meet up, have some food and a catchup and be part of this community."*

'L', joined recently from Erdington, and would attend events and activities with her support worker, however at our more recent bowling event she attended on her own which is amazing. She had built the confidence to come independently, on the train which she has not done before, knowing where to go and that there will be a supportive group member waiting for her at the other end.



## SAVE THE DATE

## Falcon Lodge Community Forum – Community Event

FALCON LODGE COMMUNITY FORUM  
COMMUNITY EVENT



Join us for a friendly and informative event bringing together a range of local organisations that provide services and support to the Falcon Lodge community.

FALCON LODGE METHODIST CHURCH  
NEWDIGATE RD, B75 7LB

WEDNESDAY 17 SEPTEMBER

4:00PM - 7:00PM

For more information, please email [enquiries@suttoncoldfieldtowncouncil.gov.uk](mailto:enquiries@suttoncoldfieldtowncouncil.gov.uk) or call 0121 663 1765



Falcon Lodge Community Forum are holding a Community Event.

Falcon Lodge Methodist Church  
Newdigate Rd, B75 7LB  
Wednesday 17 September 2025  
4-7pm

Pop along to this friendly and informative community event, which will bring together a range of local organisations that provide services and support to the Falcon Lodge Community. Members of the team from Sutton Coldfield NNS will be there for a chat.

For further information please email [enquiries@suttoncoldfieldtowncouncil.gov.uk](mailto:enquiries@suttoncoldfieldtowncouncil.gov.uk) or call 0121 663 1765

What activities would you like to see in Minworth for adults?  
Come and chat to your local Neighbourhood Network team at the...

**SUNDAY CAR BOOT**  
The Minworth Club & Lodge



Sunday 21<sup>st</sup> September 25  
11am-2pm



### SPREAD THE WORD

**Sutton Coldfield NNS visit  
Minworth Sunday Car Boot**

What activities would you like to see in Minworth for adults? The Sutton Coldfield NNS team will be at The Minworth Club Green to have a chat. What would you like to see in your local neighbourhood? Come and say hello!

Minworth Club & Lodge, Robinsons Way, Minworth  
Sunday 21<sup>st</sup> September 2025, 11am-2pm

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

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

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

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

0121 362 3650

[nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

**f** [Sutton Coldfield NNS](#)

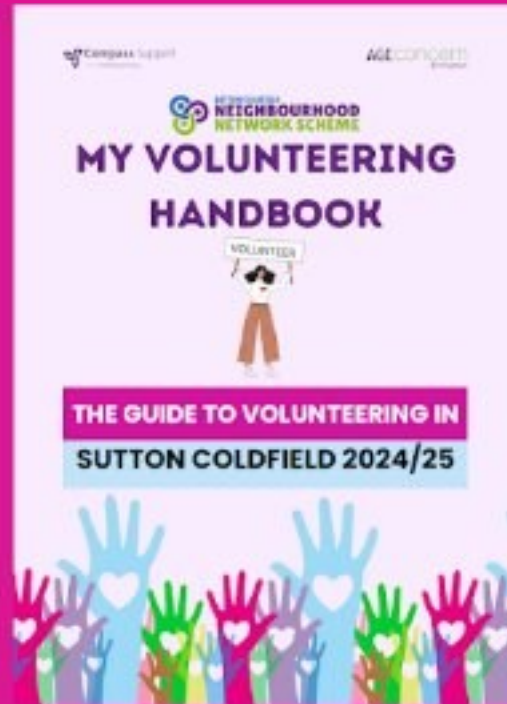


GET INVOLVED

## READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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




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


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


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

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

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

 0121 362 3650

 [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

 [Sutton Coldfield NNS](#)





# HIGHBURY PLAYERS

## 2025/26 SEASON



By Agatha Christie

**16 – 27 Sept 2025**

*Classic story from the Queen of Crime*



By James Duff

**21 Oct – 1 Nov 2025**

*How does a soldier adjust?*



By Mary Elliot Nelson

**2 – 13 Dec 2025**

*The greatest gift of all is right at home*



By Alan Bennett

**27 Jan – 7 Feb 2026**

*How hard can clearing an estate be?*



Studio

By Nick Payne

**16 – 21 Feb 2026**

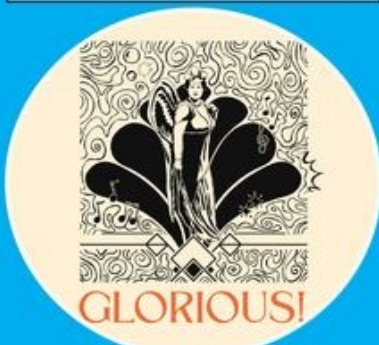
*One relationship. Infinite possibilities*



By Michael Frayn

**10 – 21 March 2026**

*Welcome to a tour de farce*



By Peter Quilter

**21 Apr – 2 May 2026**

*Untrained singer conquers Carnegie*

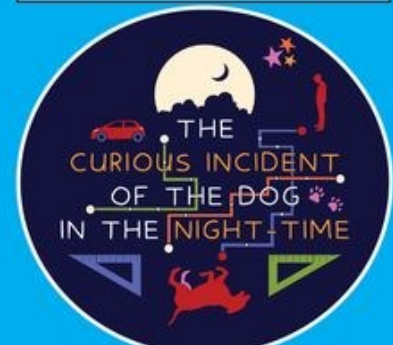


Studio

By David Mamet

**18 – 23 May 2026**

*Hollywood sex & power dynamics*



By Mark Haddon & Simon Stephens

**9 – 20 June 2026**

*Who killed Wellington?*

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

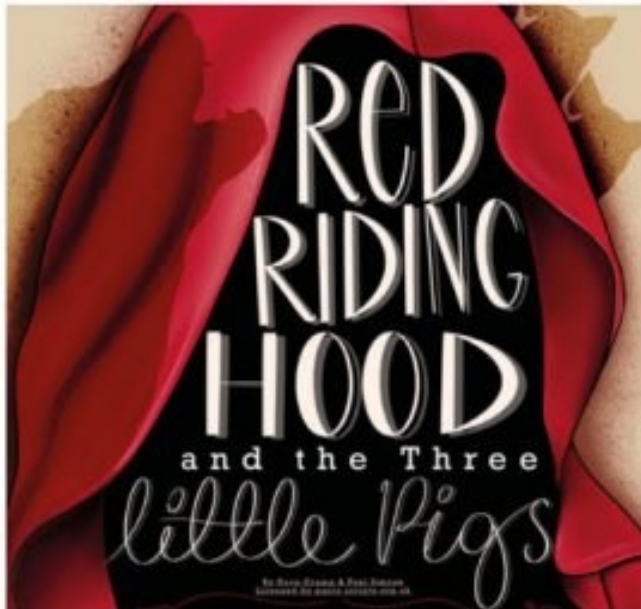
Highbury Players' plays are amateur productions presented by arrangement with the relevant licence holders as identified on each play's marketing materials. We reserve the right to amend the season if circumstances change.



**0121 373 2761**

[highburytheatre.co.uk/](http://highburytheatre.co.uk/)





## What's on next?

Great Barr Musical Theatre Co-operative presents

### Red Riding Hood and the Three Little Pigs

6 - 8 Nov 2025 at 7:30pm with a 2:30pm matinee on 8 Nov

Step into a world of laughter, adventure, and fairy-tale fun with a spectacular pantomime mash up of two classic tales.

6 Nov performance is a charity evening.

Highbury Friends present

### Box of Frogs Improv Comedy

7:30pm on 14 Nov 2025

Box of Frogs provide a show of fast-paced, completely improvised comedy full of jokes and surprises. The Frogs will spontaneously create games, stories, scenes and musical numbers – all based entirely on audience suggestions.



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



## What's on next?

Highbury Cinema presents

### Young Frankenstein

**7pm on 15 Nov 2025**

Tickets £5, plus £2 if not already a Highbury member for the season

Director **Mel Brooks**

Released **1974**

Duration **1hr 46m**

Certificate **12A**

"It's alive"

The grandson of the infamous Dr Frankenstein travels to Transylvania to prove that it is possible to reanimate a dead body.

Highbury Players present

### It's a Wonderful Life

**2-13 Dec 2025 at 7.30pm**

By **Mary Elliott Nelson**

Directed by **Rob Phillips**

It's Christmas Eve in Bedford Falls, and George Bailey is at the end of his rope. But when his guardian angel comes to visit, George discovers what his beloved town would be like without him. Maybe it's a wonderful life, after all?



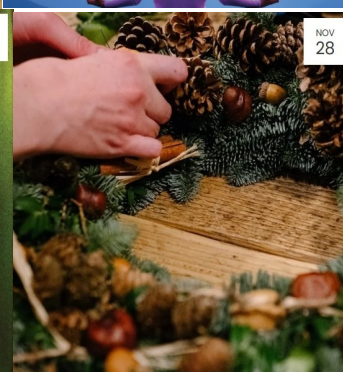
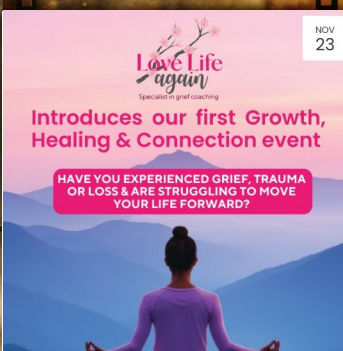
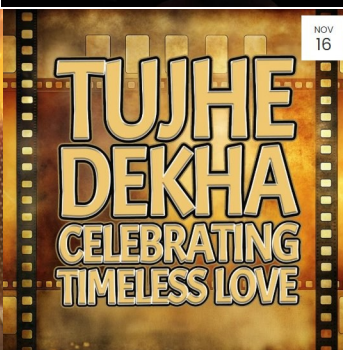
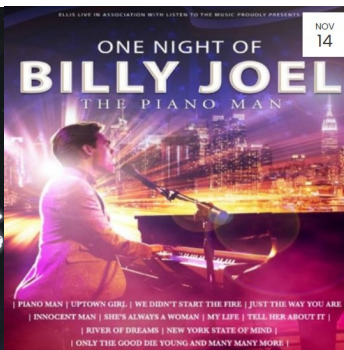
Tickets available from  
**Box Office, Highbury Theatre,  
Sheffield Road, B73 5HD**  
Tel: 0121 373 2761 or book online  
via [highburytheatre.co.uk/](http://highburytheatre.co.uk/)





0121 296 9543

What's On: [suttoncoldfieldtownhall.com/events/](https://suttoncoldfieldtownhall.com/events/)  
[enquiries@suttoncoldfieldtownhall.com](mailto:enquiries@suttoncoldfieldtownhall.com)



## SUPPORT US

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

<https://suttoncoldfieldtownhall.com/events/>

*An amateur production by arrangement with The Really Useful Group Limited*

Sutton Coldfield Musical Theatre Company  
presents

NOV  
4

TO 8 NOV

# JESUS CHRIST SUPER STAR

Lyrics by  
Tim Rice

Music by  
Andrew Lloyd Webber

**4-8 November 2025**

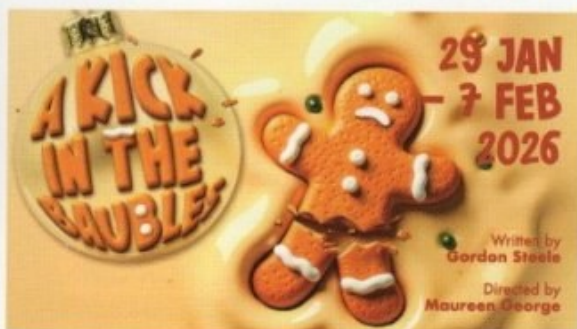
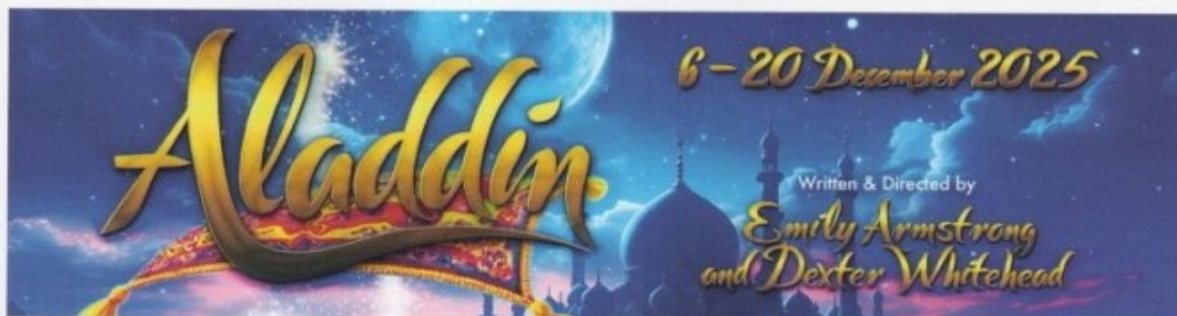
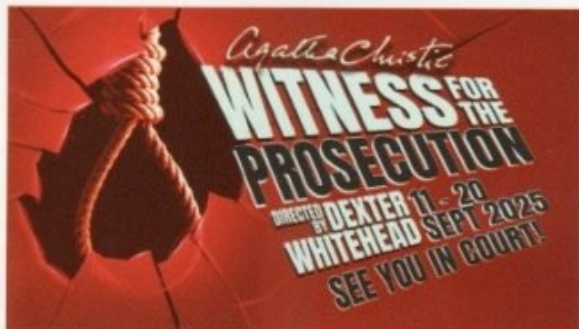
**The Royal Sutton Coldfield Town Hall**

Tickets: [www.suttoncoldfieldtownhall.com](http://www.suttoncoldfieldtownhall.com) or 0121 295 9643





# WELCOME TO SUTTON ARTS THEATRE 2025-26 SEASON



**BOX OFFICE 0121 355 5355**

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

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

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

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

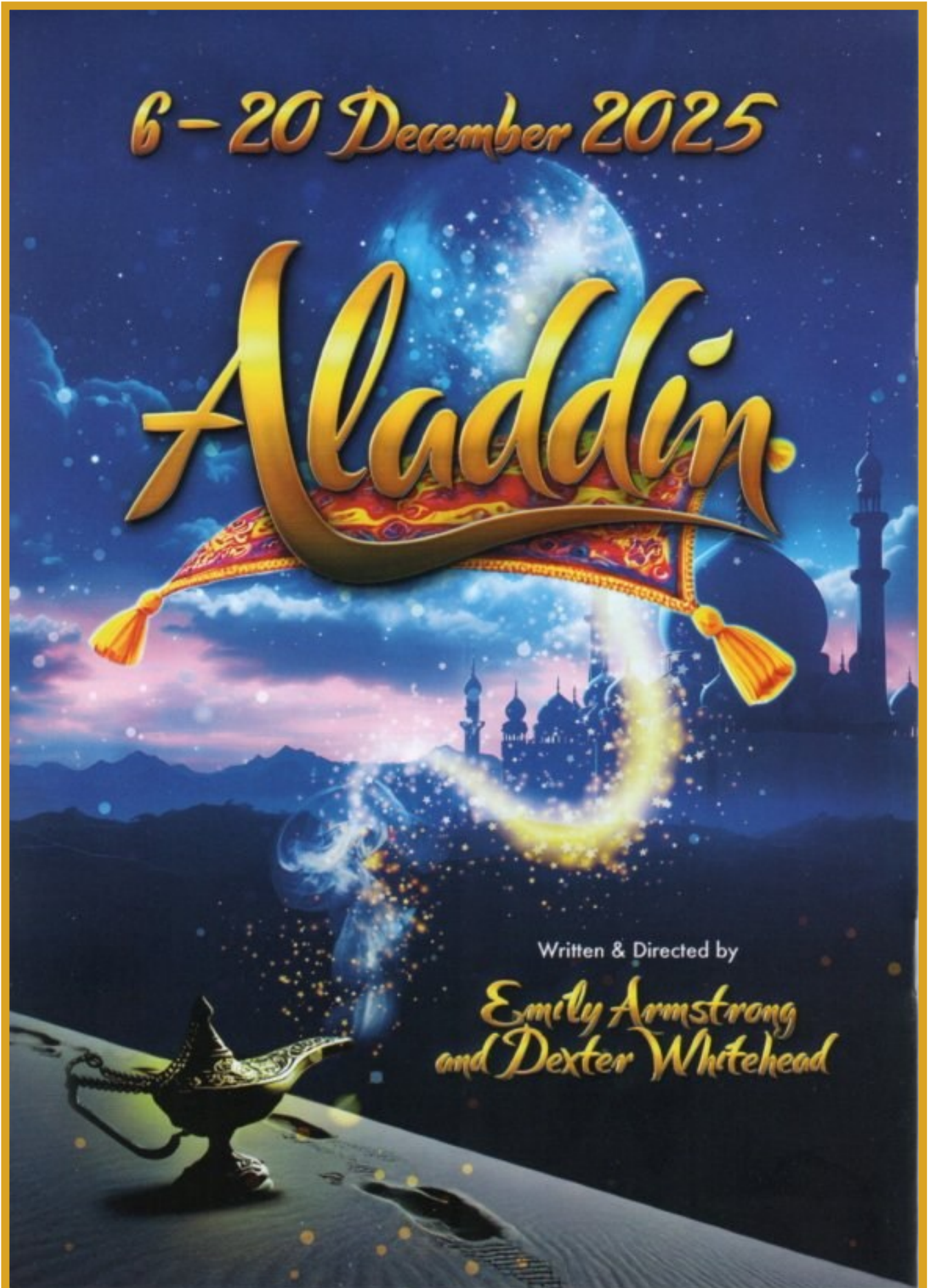


*6 - 20 December 2025*

# *Aladdin*













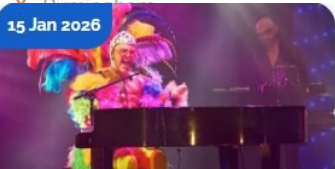



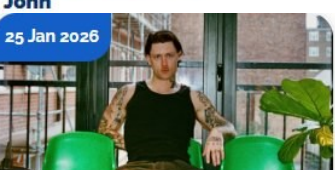

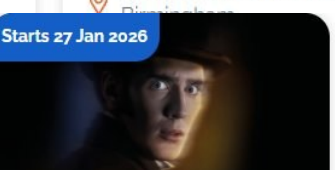
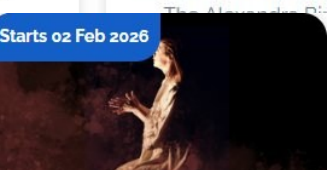
Written & Directed by

*Emily Armstrong  
and Dexter Whitehead*







 <p>05 Nov</p> <p><b>The Best of Tim Burton &amp; Dark Fantasy by Moonlight</b></p>	 <p>06 Nov</p> <p><b>Cirque: The Greatest Show - Reimagined</b></p>	 <p>Starts 07 Nov 2025</p> <p><b>Coffee, Cake and Cadenzas</b></p>	 <p>07 Nov</p> <p><b>The Wittering Whitehalls: Barely Alive</b></p>
 <p>08 Nov</p> <p><b>Staying Relevant: The Book</b></p>	 <p>09 Nov</p> <p><b>The Night Sky Show</b></p>	 <p>Starts 12 Nov 2025</p> <p><b>Slava's Snow Show</b></p>	 <p>Starts 15 Nov 2025</p> <p><b>Theatre Tour</b></p>
 <p>Starts 18 Nov 2025</p> <p><b>Miss Saigon</b></p> <p>The Alexandra Birmingham, Birmingham</p>	 <p>Starts 02 Dec 2025</p> <p><b>Inside No. 9 Stage/Fright</b></p>	 <p>Starts 09 Dec 2025</p> <p><b>Fiddler on the Roof</b></p> <p>The Alexandra Birmingham, Birmingham</p>	 <p>10 Jan 2026</p> <p><b>Queen of the Night - A Tribute to Whitney Houston</b></p>
 <p>15 Jan 2026</p> <p><b>The Rocket Man - A Tribute to Sir Elton John</b></p>	 <p>16 Jan 2026</p> <p><b>West Brom Legends</b></p> <p>The Alexandra Birmingham, Birmingham</p>	 <p>17 Jan 2026</p> <p><b>Sing-a-Long-a Matilda</b></p> <p>The Alexandra Birmingham, Birmingham</p>	 <p>17 Jan 2026</p> <p><b>Sing-a-Long-a The Greatest Showman</b></p> <p>The Alexandra Birmingham, Birmingham</p>
 <p>25 Jan 2026</p> <p><b>Luther Live &amp; Velvet Voices</b></p>	 <p>26 Jan 2026</p> <p><b>Dean Z - The Ultimate Elvis</b></p> <p>The Alexandra Birmingham, Birmingham</p>	 <p>Starts 27 Jan 2026</p> <p><b>The Woman in Black</b></p> <p>The Alexandra Birmingham, Birmingham</p>	 <p>Starts 02 Feb 2026</p> <p><b>Revision on Tour: Macbeth</b></p>

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





## SUSIE DENT: WORD PERFECT

Sun 2 Nov



## RAVE ON

Tue 4 Nov



## MARK STEEL: THE LEOPARD IN MY HOUSE

Wed 5 Nov



## THE 35th ERASMUS DARWIN MEMORIAL LECTURE: ADVANCES IN AIR MOBILITY

With Professor Dame Helen Atkinson, Cranfield University



## A FAIRYTALE FOR CHRISTMAS

Fri 7 – Sat 8 Nov



## BACKSTAGE TOURS

Sat 8 Nov – Sat 11 Jul 2026



## THE BALLAD OF WALLIS ISLAND

Burntwood Afternoon Cinema  
Tue 18 Nov



## CINDERELLA (2025 PANTOMIME)

In partnership with Evolution Productions  
Fri 21 Nov – Sun 11 Jan 2026



## THE FIFTH STEP (LIVE SCREENING)

Thu 27 Nov



## TOP HAT OPEN MIC NIGHT

Fri 28 Nov



## RB&O: CINDERELLA (ENCORE)

Sun 30 Nov



## A SHODDY CHRISTMAS CAROL

Thu 4 Dec – Sun 4 Jan 2026



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

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

## Birmingham Royal Ballet - Class on Stage

Ever wondered just how ballet dancers do what they do?

Sat 27 Sep – Sat 21 Feb 2026



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

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

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



## Birmingham Royal Ballet - Pre Performance Talk

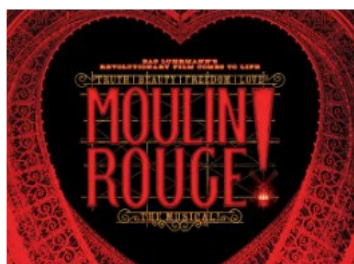
Take a peek behind the curtain

Fri 26 Sep – Fri 20 Feb 2026

Due to phenomenal demand, an additional performance for Moulin Rouge! The Musical has been added on [Tue 21 Oct at 2pm](#). For best availability across the run, look at the following performances:

<a href="#">Tue 21 Oct, 2pm</a>	<a href="#">Thu 30 Oct, 7.30pm</a>	<a href="#">Mon 3 Nov, 7.30pm</a>
<a href="#">Thu 6 Nov, 7.30pm</a>	<a href="#">Tue 11 Nov, 7.30pm</a>	<a href="#">Thu 13 Nov, 7.30pm</a>

mash-up extravaganza. A celebration of Truth, Beauty, Freedom and – above all – Love, **Moulin Rouge!** is more than a musical; it is a state of mind.



Musicals

## Moulin Rouge! The Musical

Birmingham, Get Ready!

Wed 15 Oct – Sat 15 Nov

Ballet & Dance

FABRIC co-presents

## FABRIC - DECIPHERS

A live experience that is both viscerally physical and deeply poetic

Thu 6 Nov



The Ladies Of Laughter are back, flexing their female funny muscles especially for you! This hit tour returns for a night made for everybody (whatever your pronoun) so round up your friends & family and join us for a guaranteed night of hilarity! Featuring:

- Noreen Khan (BBC AN, BBC 1, BBC Radio 5 Live)
- Kyrah Gray (Netflix, Comedy Central Live)
- Tej Dhutia (BBC AN)
- Shazia Mirza (BBC, ITV, CH4)

These kick ass comics are certain to leave you in stitches. So leave your worries at the door & join the Ladies Of Laughter for a night you won't forget! We pride ourselves on championing comedians who appeal to comedy lovers of all backgrounds – so book up now and reserve your seats for a good ol' gigglefest!



Comedy & Spoken Word

## Ladies of Laughter

A guaranteed night of hilarity!

Sat 8 Nov

Musicals

Rewrites: showcasing work-in-progress new musicals.

## REWRITES - Half Man Half Bull

Two stories, two gigs – two tales of escaping things and proving things.

Sat 15 Nov – Sun 16 Nov



A lad heads off to kill a monster.

A boy falls out of the sky.

Two inextricably linked stories of hope and loss, wildly retold by internationally acclaimed 'masters of storytelling' (*Fourth Wall*), **Wright & Grainger** and **Oliver Tilney** reimagine two myths – the adrenaline fuelled **Theseus** and **The Minotaur** and the heartrending **Daedalus** and **Icarus**. This epic theatrical double-album full of virtuosic spoken word and soaring live music is a story in two halves.

Presented by **Wright & Grainger**, **Oliver Tilney**, **James Simon**, **Kevin O'Driscoll** and Oliver Award-Winning **Molly Morris** as part of **Rewrites**.

At the stroke of midnight on Christmas Eve, Clara tiptoes downstairs and is swept away on an unforgettable magical journey... It's never too early to secure your seat for Birmingham Royal Ballet's performances of their spectacular Christmas show, **The Nutcracker**. Tickets are now on sale for November/December 2025 performances.

At her parents' lavish Christmas party, Clara is given a mysterious Nutcracker Doll. Once all the guests have left, she sneaks downstairs to find her present and comes face-to-face with the fearsome King Rat, ready to do battle with the Nutcracker and his band of toy soldiers. As soon as King Rat is vanquished, Clara is whisked away on a magical adventure with the Nutcracker, travelling through swirling snowflakes to an enchanting kingdom where she is transformed into the Sugar Plum Fairy.

Tchaikovsky's glorious score, performed live by the 60-strong Royal Ballet Sinfonia, provides the captivating soundtrack to this festive classic.

This sumptuous and timeless production boasts daring swordfights, falling snow, magic, and a 30-foot Christmas tree. Whether you're yearning for a hint of nostalgia or looking to start a whole new tradition for your family and friends, plan ahead ready to start your 2025 festive season in style.

Production photographer: Johan Persson.



Ballet & Dance, Family & Pantomime

## The Nutcracker 2025

Birmingham Royal Ballet return with their magical production of The Nutcracker in 2025

Fri 21 Nov – Sat 13 Dec

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

# the Rep



## SHERLOCK HOLMES AND THE 12 DAYS OF CHRISTMAS

Fri 14 Nov – Sun 18 Jan

*I think you're a couple of ice creams short of an interval, Mr. Holmes. We don't do murders in the theatre. It's bad for audience numbers!"*

It's Christmas in Victorian London but in the West End – where dreams come true and nothing bad ever happens – a flurry of performers are suddenly dying mid-scene. Scotland Yard rules out foul play...until the world's greatest consulting detective, Sherlock Holmes, discovers an intriguing link to *The Twelve Days of Christmas*. The game is afoot!

Racing against the clock to save French Hens, find Gold Rings and rescue Mother Goose, Sherlock plunges himself into mortal danger. Will this really be the last stand for our hero, or will his trusty sidekick Dr Watson and rival hotshot detective Athena Faversham ensure he lives to consume another Christmas Pudding...?

This World Premiere comedy whodunnit is penned by Fringe-favourites and comic geniuses, *The Penny Dreadfuls'* **Humphrey Ker** and **David Reed**, with brand new songs by legendary musical theatre duo **Tim Rice** and **Andrew Lloyd Webber**.

A laugh-out-loud festive murder mystery, join us at 221b Baker St this Christmas for mischief, mayhem and a Partridge in a Pear Tree!

For everyone aged 10 to 110!

**Great rates for schools and groups!** Find out more at [ticket.services@birmingham-rep.co.uk](mailto:ticket.services@birmingham-rep.co.uk) or call 0121 236 4455.



## ANANSI THE SPIDER

Thu 4 Dec – Sun 11 Jan 2026

*Superlative family theatre... is pure joy and delight"*

★★★★★ *The Stage*

*The greatest tales ever spun...*

People say that in a time long, long ago, animals walked on two feet and spoke with words, like we do. And back then, it was known by everyone that the cleverest of all the animals in the kingdom was a spider – the infamous Anansi – the original trickster and the master spinner of yarns. But sometimes Anansi could be a little too clever for his own good...

Following a sold-out run in London in 2023, these classic West African and Caribbean folk tales about the lovable spider hoaxster are brought vividly to life in a magical festive show for young children and their grown-ups.



## THE BATTLE

Wed 11 Feb – Sat 7 Mar 2026

**WORLD PREMIERE – PRIOR TO WEST END**

London, 1995. Two of the country's biggest bands release singles on the same day, commencing the battle of Britpop. On one side, clean-cut, art-school intellectuals from the South. On the other: raw and unapologetic lads from the North. Rivalries flare, friendships fracture and at the centre of it all a mania that would define an era – were you Blur or Oasis?

From the chaos of the Brit Awards to the infamous chart war, *The Battle* is a wickedly funny dive into one of the greatest rivalries in rock history. Featuring legendary personalities and unforgettable clashes, it was never just about the music, but power, pride, and uncontrollable competitiveness.

Expect filthy language and razor-sharp dialogue in this cut-throat new comedy that puts you right at the heart of the feuding, the fame, and the fallout.

**Get ready to roll with it.**

Starring **Mathew Horne** (*Gavin and Stacey*) as the music industry executive who kicked off the race to No 1. between the two bands.

**Please note** this is a fictionalised account of one of the biggest chart battles in Rock and Roll history, based on research and interviews, it features characters inspired by some very real-life individuals, and some composite characters and conversations entirely imagined by the writer.





**STUDIO27**  
**TIMETABLE**  
ALL CLASSES ARE 45 MINS  
UNLESS SPECIFIED

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

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

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

**THURSDAY**  
Circuit 9:15am

**FRIDAY**  
Zumba 9:30am

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

**STUDIO TWENTY SEVEN**

[www.studio27wellbeinghub.co.uk](http://www.studio27wellbeinghub.co.uk)

Additional wellbeing offerings here at Studio27 Wellbeing hub



Personal Training



1-2-1 Wellbeing Support



Nutritional Guidance



## - Membership & Pricing -

**Basic**

£25 month

4 classes per 4 weeks

**Standard**

£45 month

8 classes per 4 weeks

**Premium**

£60 month

12 classes per 4 weeks

**Unlimited**

£99 month

Unlimited classes

**Youth**

£37 month

**Under 12**

£35 month

**Under 8**

£30 month

**Under 5**

£20 month

**Pay as you go**

Current prices Price from 1st July 2024

Adult £7 Adult £8.50

Child £6 Child £7.50

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

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

[www.studio27wellbeinghub.co.uk](http://www.studio27wellbeinghub.co.uk)

# Information and Advice

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

**Call 0121 437 0033**

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

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



## Useful Numbers

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

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

## Local services

### Birmingham Sandwell

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



**0121 437 0033**

[info@ageukbirmingham.org.uk](mailto:info@ageukbirmingham.org.uk)

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



[info@ageuksandwell.org.uk](mailto:info@ageuksandwell.org.uk)

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



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

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

## **Information and Advice**

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

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



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



## Opening Hours

Our phone lines are open:

**Monday – Friday**

**9:30am – 3:30pm**

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



## Information Guides

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

[www.ageuk.org.uk/services/information-advice/guides-and-factsheets/](http://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/)

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

**Or through pre-booked appointments at:**

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

**Kenrick centre - Every Tuesday 9.30 - 3.30**

**Oscott Community centre - Every Wednesday 9.30 - 3.30**

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

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



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

✉ [dementiacarerhub@ageukbirmingham.org.uk](mailto:dementiacarerhub@ageukbirmingham.org.uk)

🌐 [www.ageukbirmingham.org.uk](http://www.ageukbirmingham.org.uk)

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

☎ 0121 437 0033





# Carers Support Group

**SUTTON COLDFIELD UNITED  
REFORMED CHURCH**

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

**2 Course  
Hot Meal  
£2**

**Free  
Massages**

**All  
Welcome**

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

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

# Occupational Therapy Clinics

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

No need to book.

For more information about  
clinic venues visit:

<https://birmingham.connecttosupport.org/occupational-therapy/occupational-therapy-clinics-in-the-community/>



**Birmingham  
City Council**

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

## **ERDINGTON WELLBEING HUB**

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

**Jordanne Francis**  
Health and Wellbeing  
Officer

T: 0121 320 1930  
T: 0121 827 6295  
M: 07458 130587  
E: [Jordanne.francis@wittonlodge.org.uk](mailto:Jordanne.francis@wittonlodge.org.uk)  
W: [www.wittonlodge.org.uk](http://www.wittonlodge.org.uk)

## **WITTON LAKES ECO HUB**

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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





# ARTHRITIS HELPLINE

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

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

**CALL US FOR FREE**  
**0800 5200 520**

**VERSUS**  
**ARTHRITIS**



**CALL US FOR FREE**  
**0800 5200 520**

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



✉ [helpline@versusarthritis.org](mailto:helpline@versusarthritis.org)

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

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

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

## PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

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



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



**VERSUS**  
**ARTHRITIS**

## VERSUS ARTHRITIS RESOURCES

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

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

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

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

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

Visit our website for more information:  
[www.versusarthritis.org/exercise](http://www.versusarthritis.org/exercise)



**VERSUS**  
**ARTHRITIS**





Join us for  
our next  
event


**Mercia Grange care home,  
Sutton Coldfield**

**Coffee, cake &  
friendship cafe**

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

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

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

Trusted to care. 

To attend please call  
**01214 682 684** or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)

**care UK** 





Join us for  
our next  
event

Mercia Grange care home,  
Four Oaks

## Feel good fitness

Last Thursday of every month,  
2pm - 3pm

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

Trusted to care.



To attend please call  
**0121 314 5513** or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)

**care UK**





SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

# Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH  
LAUNCHES WEDNESDAY 26<sup>TH</sup> JULY 2.30- 4.30PM

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

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

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



Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://www.cinnamoncc.com/suttonparkgrange)



SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

## LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

**At Sutton Park Grange, people will always come first**

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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://www.cinnamoncc.com/suttonparkgrange)







## ***British Sign Language (Birmingham)***

Classes on:

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

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

***10-week courses delivered by experienced Tutors***

***Topics such as***

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



Contact 07825255042

Email [bslsilver2022@gmail.com](mailto:bslsilver2022@gmail.com)

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



## North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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





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



# **Autumn Fayre**

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

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

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



For more information call: 0345 260 1503  
email: [info@northbirmingham.cats.org.uk](mailto:info@northbirmingham.cats.org.uk)  
or visit: [www.northbirmingham.cats.org.uk](http://www.northbirmingham.cats.org.uk)

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

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

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

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

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

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

### **Direct rehoming – helping owners, potential adopters – and cats**

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

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

Sheila Pennell  
[sheilapennell@talktalk.net](mailto:sheilapennell@talktalk.net)







**Lucy**

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



**Terence**




**Polly**

**Jo Jo**



Team Cat Rescue has lots of cats and kittens looking for their forever homes. Owners often have to give them up for a variety of reasons - usually a change of circumstances meaning they can no longer care for their beloved pet. And some come into care because they are found wandering and abandoned. If you are not ready to adopt, how about fostering? Or helping Team Cat Rescue with driving or fund-raising? If so, contact Coordinator Lynne of Team Cat Rescue on 0121 373 4596.  
**\*\* Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years \*\***

  
 Birmingham and Solihull  
 Integrated Care System  
 Caring about healthier lives

## Annual health checks for those who are diagnosed with dementia


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

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

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

**What is an Annual Health check?**

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



**Why do you need an Annual Health Check?**

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

**How do you get an Annual Health Check?**


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

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

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



**How long does an Annual Health Appointment last?**

- 20-30 mins




**What help might you need?**


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






**What happens during the Annual Health Check?**


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

  
 Alzheimer's Society

  
 Birmingham Carers Hub

  
 Carers Trust Solihull

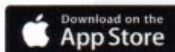
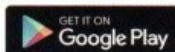
  
 Birmingham Carers Hub

  
 NHS  
 Birmingham and Solihull  
 Mental Health  
 NHS Foundation Trust



# Can you help us save more food?

**OLIO**  
The Food Sharing App



## Yes you can!

It's easy to give back to the OLIO community



### Spread the word

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



### Add to OLIO

Your neighbours will  
love your spare food or  
household items.



### Volunteer

Feel great  
& do good  
at the same time.

Learn more at

[OLIOex.com/get-involved](https://OLIOex.com/get-involved)

Together we can make a difference!

**OLIO**

f @OLIOex    i @OLIO\_ex    t @OLIO\_ex



# It's okay...

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



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



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



Email us anytime on:  
[help@birminghammind.org](mailto:help@birminghammind.org)

*Get in touch today*

**- We're here to help you -**



**LivingWell**  
UK







## COULD YOU VOLUNTEER?

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

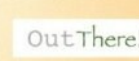
We would love to welcome you onto our team! If you have a heart for young people and seeing them thrive in life please do get in touch. You can do this by emailing us at or scanning the QR code to go straight to our website!

### CONTACT US

Senior youth worker  
07565542976  
[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



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

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



@thegapsuttoncoldfield



the gap\* Sutton Coldfield



SUTTON COLDFIELD

## NEIGHBOURHOOD NETWORK SCHEME

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

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

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

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



## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB













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

(Ian – Sutton Coldfield)



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

(Derek – Sutton Coldfield)

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

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





Banners Gaters clearing fallen leaves near Longmoor Pool.





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

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

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

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

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



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

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

See our programme on our website:

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





# **Join FOPPs Regular Litter Pick**

**every second sunday in the  
month.**

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

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

Weather Permitting





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





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



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



# Love For Babies

## Fun Interactive Baby & Toddler Sessions

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

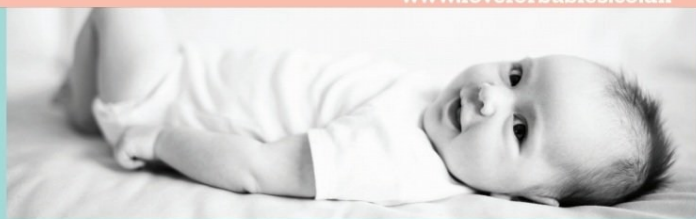
**Baby Sessions:**  
Tuesdays & Thursdays  
Beacon Church  
Pheasey

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

Contact us for more information or to  
book your space

### Contact:

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



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

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

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

### Trio Of Love 4 Week Course

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

### Baby Massage & Spa 5 Week Course

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



### Love To Spa

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

### Love To Play

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



## Amalia's Elite Dance Academy

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

Contact us for  
more





Teaching life skills through drama and imaginative play

## Fun classes that develop life skills in babies & young children

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

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

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






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

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



**Book now!** [pyjamadrama.com](https://pyjamadrama.com)

or contact [sinead@pyjamadrama.com](mailto:sinead@pyjamadrama.com) / 07581 236823





Prince's Trust

**START  
SOMETHING**



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

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

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



**INTERESTED?**

**Contact us for more information**

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

[wcg.ac.uk](http://wcg.ac.uk)

**0300 456 0049**

[info@wcg.ac.uk](mailto:info@wcg.ac.uk)




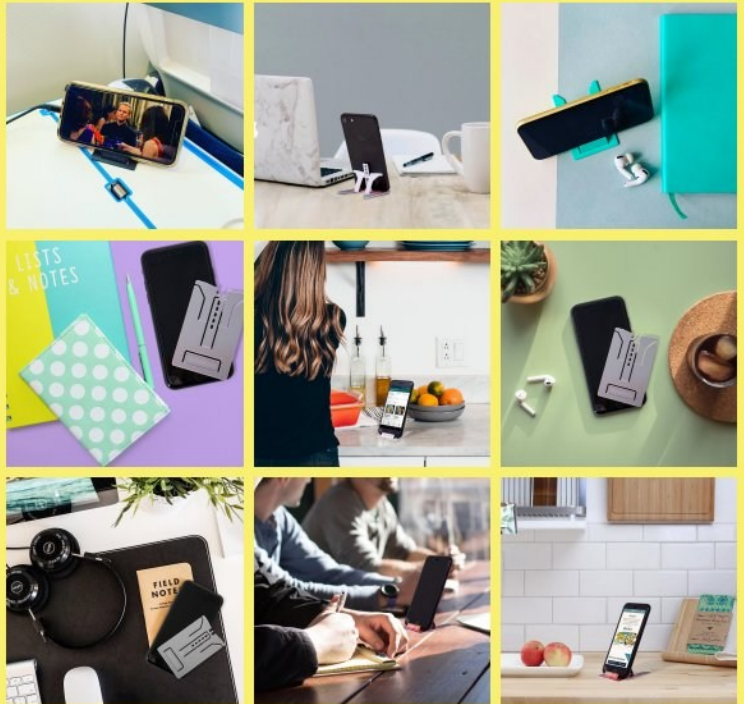
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Made with  in the West Midlands.



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and where to use it

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when you order online with code **Stocking23**



## Banners Gate Neighbourhood Forum Meetings

There will be a meeting of the Banners Gate Neighbourhood Forum on the last Thursday of every month, starting in January at 7.30 p.m., the next is November 27th., then January 29th 2026. Hot drinks and biscuits will be provided. Come and tell us of any problems you have with the area and we will try to get them fixed. If you need any more information please call 0121 605 4947 or 07976 550 420

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

If you need any information please message on 07964 213 229