



# WELCOME TO OUR January Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

## Welcome to our monthly Newsletter



A big thank you to the funders – Royal Sutton Coldfield Town Council, Sutton Coldfield Charitable Trust, Digital NNS and our Senior Commissioner Keaton Moore who made the time to advise community groups and organisations around funding schemes at the December Lunch & Learn.

### THANK YOU!

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

Hello All!

We hope you enjoyed a restful and joyful festive break.

It was wonderful to see so many of you at our Meet the Funder: Lunch and Learn event in December. The energy in the room was fantastic, and it was great to watch all the conversations and connections taking place. We hope you found the session useful and inspiring.

As always, we're keen to hear your ideas. If there's any training or support that would help strengthen your community group or organisation, please do share your thoughts – we're all ears.

We're kicking off the new year with plenty to look forward to: a new event in the pipeline, a full programme of training, and an exciting Shared Spaces project that we hope you'll be part of. Wishing you a bright start to 2026, and we can't wait to continue working with you.

As usual, If you have any relevant snippets for our February 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)

## Kamleish joins the team as a Neighbourhood Networker!

We're delighted to welcome Kamleish, who has recently joined our team. She takes over from Joy, to whom we said a fond farewell in the autumn as she moved on to a new role within the Pioneer Group. We look forward to introducing Kamleish to all the fantastic community activity happening across Sutton Coldfield, and we're sure you will join us in offering her a warm welcome.



**WELCOME ✖  
to the TEAM**

## Mental Health First Aid Training course

Would you benefit from having a trained Mental Health First Aider within your community group or organisation?

Sutton Coldfield NNS are offering a free two day Mental Health First Aid course, facilitated by Beacon Mental Health Training.

**Wed. & Thurs. 25 & 26th February 26  
9am-4.45pm, Online (Zoom)**

This course is ideal for those who would like to become an MHFAider® to:

★ Gain the knowledge and skills to spot signs of people experiencing poor mental health

★ Be confident starting a conversation and signpost a person to appropriate support.

Alongside the best evidence-based Mental Health First Aid training, MHFAiders are also provided with three-year access to ongoing learning and support through the MHFAider Support App®.

### Train as a Mental Health First Aider

Join a **FREE** 2 day course, facilitated by Beacon Mental Health Training

**Wednesday 25<sup>th</sup> & 26<sup>th</sup> February 26**

📍 Online (Zoom) ⌚ 9am-4.45pm



Any Sutton Coldfield based not-for-profit community group or organisations can join. Two places per organisation. Places are limited.

For further registration details please email: [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

## Upcoming Birmingham Community Matters training

### ★ Recruiting, retaining & rewarding volunteers for your small community group in Sutton Coldfield

📍 Trinity Church Centre

🕒 Wed 28th January 2026, 10am - 1pm

### ★ Bid writing workshop: for small community organisations in Sutton Coldfield

📍 Our Place Support

🕒 Wed 25 February 2026 10am - 1pm

### ★ Effective storytelling and case studies for small community organisations in Sutton Coldfield

📍 Our Place Support

🕒 Tue 24 March 2026 10am - 1pm

All sessions are part of the Sutton Coldfield Charitable Trust program for small community groups in Sutton Coldfield.

To **book** please visit

<https://www.tickettailor.com/events/bcmsuttoncoldfieldcharitabletrust>



## DBS Checks - Understanding Eligibility: Workshop for West Midlands VCSE Sector



This FREE DBS Eligibility Workshop is suitable for anyone who has responsibility for engaging with DBS processes and legislation within the West Midlands VCSE sector.

📍 Online

🕒 20<sup>th</sup> January 2026, 10am - 12pm

For further information please click [here](#)



# Learn about producing and developing policies for your small community group within Sutton Coldfield

This FREE session, facilitated by Birmingham Community Matters will explore producing and developing policies for your small community group in Sutton Coldfield. The training will cover:

The session, facilitated by Birmingham Community Matters will explore producing and developing policies for your small community group in Sutton Coldfield. The training will cover:

- ★ Why we need policies and their importance
  - ★ The difference between a policy and procedure
  - ★ Processes to approve and refresh policies and procedures
  - ★ What to include in key policies and procedures
  - ★ Key policies needed for funding applications including Safeguarding, Health and Safety, EDI and risk assessments
- And becoming more confident about your group's policies and procedures.

Learn about: producing and developing policies for your small community group in Sutton Coldfield.



Join our free session to explore what policies you need for your small community group and how to write them.



Thursday 22 January, 10am to 1pm



Advocacy Matters, B73 5UE



Reserve your free spot today!



**Thursday 22<sup>nd</sup> January 2025, 10am – 2pm**  
Advocacy Matters, B73 5UE

To book, please click [here](#)

## Introducing our... Community Group Sustainability ACTION PLAN

**New!**

### NETWORKERS



Sutton Coldfield NNS are pleased to launch a new **SUSTAINABILITY ACTION PLAN** to support your community group with all the planning, policies and procedures you need to secure a resilient future.

Our Networkers are available to chat about where you are on your community-group journey and explore how we can support your group in achieving its short- and long-term goals.

### Within the action plan we cover:

- ✓ Organisational Structures
- ✓ How to generate income
- ✓ Policies and Procedures
- ✓ Volunteering
- ✓ Training needs
- ✓ Promotion
- ✓ How to measure & report success

Book a chat with a Networker.  
We want to help you thrive and grow in 2026!  
**To book a chat email:** [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)



## Shared Spaces - Micro grant invitation

shared  
SPACESBRINGING OUR  
COMMUNITIES TOGETHERSUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME

Calling all Sutton Coldfield based community groups! Could your community group welcome and celebrate with a different or diverse community?

Micro-grants of up to £500 are available til the end of March to enable a small scale event in your setting. Will you open up your doors?

To find out more please contact your Neighbourhood Networker or email [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

AGEconcern  
BirminghamBirmingham  
City Council

The Pioneer Group

Calling all Sutton Coldfield based community groups working with older and disabled adults - would you like to create an opportunity to bring your community together?

**Could your community group welcome and celebrate with a different or diverse community? Perhaps invite another community group to your space and have a special celebration?**

Sutton Coldfield NNS are inviting community groups to apply for **micro grants up to a value of £500** to make it happen, through our Shared Spaces project! Could you open your doors and make new connections within Sutton Coldfield?

To discuss an idea, give your Networker a call or alternatively email us at [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

## Digital NNS - Could you become a Digital Champion?

Help people make the most of their devices.



**VOLUNTEER AT OUR  
DIGITAL CAFES**

Apply  
today!

One hour of your  
time can change  
someone's life.



Support older adults across Birmingham to use their digital devices with confidence.

City-wide volunteering locations to suit your schedule.

Digital NNS are looking for volunteers city-wide to help people make the most of their devices at digital cafes around the city.

Digital Cafés are informal, drop-in sessions held in open community spaces where volunteers sit down with local residents, often older adults, who need guidance on how to navigate their personal devices, whether phones, tablets, or laptops.

If you would like to support older adults to use their digital devices with confidence, in a volunteering role that would suit your schedule - this could be for you.

To find out more about becoming a Digital Champion please click [here](#)



## Wylde Green United Reformed Church – Britwell Community Garden



Last year Wylde Green URC received a microgrant to support their wonderful Community Garden. The funding provided the opportunity to develop the space and create more opportunities for growing and engaging with the local community, with the purchase of a shed and an outside noticeboard. Let's see how they got on!

*'We were very keen to get more storage space and our new shed has given us a chance to become more organised and tidier, as well as finding a home for a full range of donated tools and and other gardening*

*items. The noticeboard is very useful, not just in advertising our opening times and community garden aims but also other relevant information regarding biodiversity and sustainability, which are important aspects to our work. For example, we have recently started a bird count once a month and we are keen to display the results! We are passionate about providing sources of food and good pollinator plants for a whole range of wildlife and we are excited to see an increase in animal visitors of all shapes and sizes to the garden. We currently have around 20 regular garden users and volunteers. One of our huge aims this year is to increase awareness of our community garden through advertising and social media, leafleting, open days and through links with other local gardens and allotments. We recognise the huge benefits to health and wellbeing of gardening and being outdoors as well as being with others and sharing in the growing of food.*

*Last year we welcomed Sue as one of our new community growers and volunteers. Sue shared this with me... "Joining the community garden has given me a chance to mix with other people and enjoy the companionship; sharing a cup of tea with friends in a beautiful and peaceful setting is just great! It gives me a chance to be more healthy with the bending and stretching and manual work involved and in getting more exercise. I feel fitter and have lost some weight as a result. I am really enjoying learning about how to grow my own food and the benefits of eating naturally grown food for my health.*

*I'm also really benefitting from enabling those who are less physically able to join in and be a part of the activities by supporting their involvement. Through being a part of the community garden, I have also engaged with other events and activities that are offered by the church, which has widened by social life and I have brought some older friends along too!"*

# Dementia Gap Analysis - Sutton Coldfield

**According to Birmingham City Council, one in three people over 65 years will develop dementia.**

The estimated total number of people living with dementia in Sutton Coldfield is currently 1,588 compared to the national average of 1,370, ranking it #145 in UK. (Ref. from Alzheimer's Research UK).

**We are looking for projects that engage and make life better for people living with dementia and their Carers.** To read our report on Dementia within Sutton Coldfield and North East Birmingham, please click [here](#) **If you have ideas for a funded project we can support, please get in touch.**

## Sutton Coldfield NNS team: Out & About



Neighbourhood Networker Joe, popped into the **Sunshine Club**, a brilliant, inclusive, community-led dementia group. Sutton Coldfield NNS has supported the Sunshine Club over the years through funding, advice, general support and, more recently, safeguarding training.

**The group meets at Holy Cross & St Francis Church, Sutton Coldfield every 1st Thursday of the month** and offers a range of activities including quizzes, seated exercise, crafts and a singalong. Joe even got stuck into some textile crafts and picked up a few new skills along the way.

The Sunshine Club are currently on the lookout for volunteers. If you'd like to get involved with this fantastic community group, you can email [sunshineclub2025@outlook.com](mailto:sunshineclub2025@outlook.com)



### The Good Grief Group

The group offers a supportive social environment for people who have been bereaved. We meet twice monthly.



### The Good Grief Group - Sutton Coldfield URC

The Good Grief Group run by Wylde Green URC, offers a supportive social environment for people who have been bereaved.

 10am 2<sup>nd</sup> Tuesday of the month & 6pm every 4<sup>th</sup> Tuesday.

 Room 1, Wylde Green URC, Britwell Rd, B73 5SW


 Please check the Wylde Green URC [website](#) for further details.


## 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)

 [Sutton Coldfield NNS](#)