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Rob Pocock: FRESH NEW YEAR, FRESH LOCAL AMBITIONS!

Now that the City Council's finances are back on track, there's a decent chance of more funding coming back into our area. There used to be a 'community fund' delegated to our Sutton Vesey ward, on an equal basis to every other ward in the City, and I'm optimistic that this will be coming back again shortly to fund local community projects and help support local community groups.

To help make all this happen, we need an independent Council Officer appointed to our area to assist community groups and independently help develop local projects. In my current role within the City Council I have been building up a proposal for having a 'Local Partnership Officer' for each area to do this work. The proposal was published earlier this week at a Council Scrutiny Committee which I'm really pleased to say, gave its full hearted support to the proposal, which can also be fully funded now that the City Council's

finances are back on track. So this should all be coming into play in the year ahead.

Other positive news items in our area recently include:

New 'drop kerb' safety crossings now installed on the two Banners Gate Road junctions with Hollyhurst Road, and also at the foot of Longmoor Road junction with Westwood Road. These are part of the 'accessible ward plan' and make it easier for older people with mobility scooters, and young parents pushing buggies, to safely get around our area.

New Basketball Courts recently installed at the Clifton Road Youth Centre – a big boost for our young people who rely on that centre for meeting up, socialising and getting active.

Roadsurfacing improvements Queslett Road East near Bakers Lane.

Automated speeding warning signs coming shortly on Bakers Lane, plus plans to re-activate the Police Speedwatch

operation to chase up enforcement against speeding traffic.

Looking ahead, one extra overhaul I'm hoping to achieve is a full-scale upgrade of litter bins in our area. Many of the ones we have are starting to fall apart! This also applies to litter bins in the parks, for example at the entrance gate to The Greenway and King George V Playing Fields, where I've been working with the Friends group of residents to get this done. It involves a remarkably longwinded process which seems crazy, but we'll get there in the end – watch this space!



Max Hatton: January arrived with its usual mix of fresh starts and frosty mornings, and across our community there was a shared sense of easing back into routine after the festive break. As schools reopened, playgrounds once again filled with the familiar sounds of laughter and chatter. For many families, the return to the school run marked a clear line between the holiday season and the working year ahead, bringing structure, purpose, and a little early-morning hustle back into daily life.

Alongside this, many residents returned to work after the Christmas and New Year break. Offices, shops, and local services gradually found their rhythm again, and while the darker mornings made getting out of bed a challenge, there was also a quiet optimism that comes with a new year and a clean slate. January may be long, but it carries with it the promise of what lies ahead.

Of course, this month also reminded us that winter is far from over. Several cold snaps

brought icy pavements and freezing temperatures, prompting residents to keep a close eye on local grit bins. Community members played their part by reporting empty or damaged bins, helping to ensure paths and roads stayed as safe as possible for everyone. These small acts of vigilance and care are a powerful reminder of how we look out for one another when conditions are tough.

Despite the cold, Sutton Park continued to offer a welcome escape. Wrapped up in scarves and sturdy coats, many residents embraced winter walks, enjoying crisp air, pale sunshine, and the quiet beauty of frost-touched landscapes. The park remains a treasured space for reflection, exercise, and connection with nature, especially during the slower pace of January.

However, the month was not without its disappointments. The closure of Sutton Market was met with sadness by many in the community. For years, it has been more than just a place to shop; it has been a social hub, a meeting point, and a supporter of local traders. Its absence will be keenly felt, and many hope this marks a pause rather than a permanent goodbye.

As January draws to a close, the resilience and togetherness of our community remain clear. Through cold weather, changing routines, and local challenges, Sutton continues to move forward—together.

Our next Full Town Council meeting will be held on Tuesday 24th March from 7pm at the Trinity Centre, hope to see you there!



Announcement and Agenda

Sutton Vesey Ward Forum - Public Meeting

Date: Saturday 31st January 2026

**Venue: Newman Centre (former Carpenters Arms) 13a
Boldmere Road B73 5UY (entrance by Sutton Park pub)**
Start Time : 2.30pm- 4.00pm

Agenda

- 1. Chairs Introductions** – Councillors Rob Pocock and Kath Scott
- 2. Notice of recording** – Meeting Chair to advise that the meeting is being held in public and a recording will be available for public future record.
- 3. Boldmere Futures CIC** – Paul Long, Director, will update residents on local projects including Cultural Community project and 'Local Impact Fund' bid.
- 4. Sutton Vesey Neighbourhood Police** – Sgt Charlotte Price and PC Ben Cordell - briefing on upgraded Sutton Vesey Neighbourhood Policing service
- 5. Sutton Vesey Ward Plan 2026-30** – residents to take part in a 'community planning' exercise to develop the future priorities for improving our area
- 6. Any Urgent Business**
- 7. Future meetings** – Next one to be confirmed

If you wish to receive future Ward meeting dates and details by email please email
Mel Coton, Community Support and Development Manager, Tel: 0121 464 - 4194
E-mail: melanie.j.coton@birmingham.gov.uk



Operation Snap – West Midlands Police

Operation Snap (Op Snap) is a West Midlands Police initiative that allows the public to **submit video evidence of driving offences** captured on dashcams, mobile phones (by a passenger), CCTV, or other recording devices. The goal is to make roads safer and hold dangerous drivers accountable.

What You Can Report

You can submit footage showing offences such as:

- Dangerous or careless driving
- Using a mobile phone while driving
- Not wearing a seatbelt
- Failing to stop at a red light
- Close passes on cyclists
- Crossing solid white lines
- Using a trailer in lane 3 of a motorway
- Any incident where the driver is clearly not in proper control

Obstructive parking such as parking on zig-zags or over tactile dropped kerbs can also be reported.

Footage Requirements

To be considered for investigation:

- Must be submitted **within 7 days** of the alleged offence
- Must show the **whole incident**, ideally with 1 minute before and after
- Should be **no longer than 10 minutes**
- Must clearly show the **vehicle registration**
- You must provide details such as date/time, location, what happened, and your involvement

If the incident involved a **collision**, you must **NOT** use Op Snap — instead call 101 within 24 hours.

What Happens After You Submit

- All footage is reviewed by trained staff.
- If an offence is identified, actions may include:
 - Warning letters
 - Driver improvement courses
 - Penalty points or fines
 - Court appearances

West Midlands Police received **over 16,200 submissions in one year**, with an **85% success rate** leading to action.



John Cooper

Royal Sutton Coldfield Town Councillor

John.cooper@suttoncoldfieldtowncouncil.gov.uk

The first February we will mark the first three Months of the Town Council's management of Boldmere Library, a period that in my view is worth celebrating rather what would have been three months since the library was lost to us all and closed under the Labour BCC plan. The 'Happy Washing" of the current situation by the local Labour representatives suggesting they are working on using the library's closed days for community events is completely fictitious, especially bearing in mind that those same councillors voted to close Boldmere Library along with two further libraries in Sutton Coldfield.

On a similar theme the suggestion that the long standing proposal of the Town Council to form a Charitable Trust to Manage Sutton Park, is described as "crackpot" by a local Labour Councillor, is a desperate attempt to close the door on his long standing position of neglect of this marvellous long standing asset of Sutton Coldfield. No real investment in the park or even basic maintenance of the park, expecting the Rangers to manage other areas in the city rates as madness in my mind.

This leads me to the latest attack on residents; parking charges in Sutton Park. Residents are to be consulted on between 21 January to 10 February, so please make your thoughts known during this time to ensure they have residents views recorded even though they are unlikely to take notice.

Limited Parking restrictions are to be introduced in Jevons Road and Stonehouse Road, said to counter the expected parking displacement once charges are applied. There is also some work to be completed on Clifton Road. I am not sure what will be done about the inevitable verge parking that is fully expected to increase on Monmouth Drive. To achieve this the Labour Party is to burden the City **EVEN MORE DEBT** by **BORROWING EVEN MORE MONEY** for the implementation of this scheme. We your Local Conservatives have undertaken to Scrap Car Park Charges in the Park.

johncooper@suttoncoldfieldtowncouncil.gov.uk

John.cooper@suttoncoldfieldtowncouncil.gov.uk

<https://suttoncoldfieldtowncouncil.gov.uk/wp-content/uploads/2024/10/Strategic-Plan-Consultation.pdf>

townrangers@suttoncoldfieldtowncouncil.gov.uk

johncooper@suttoncoldfieldtowncouncil.gov.uk



Anja Pawson Local Campaigner in Sutton Vesey

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

Sainsbury's Traffic Petition handed in!



We have been working hard to highlight residents' concerns about the impact the new Sainsbury's store may have on traffic at the already congested Beggars Bush junction.

Thank you to everyone who signed our **petition** calling on the City Council to appoint a highways task force to improve traffic flow at the junction of Jockey Road and Chester Road.

Our petition was submitted this January.



Sir Andrew Mitchell added his weight behind our campaign by writing to Sainsbury's, who have agreed to carry out a parking survey. We will keep residents updated on any developments.

A New Stay & Play Group

We are so excited to support the launch of a new stay and play group starting in Boldmere in **February, every Monday 10-11am**.

Ashleigh (pictured on the right with John Cooper and myself Anja Pawson) has developed incredible **sensory stories** that are engaging for all children and particularly supportive for those with special educational needs.

Sutton Rose Care Home will host this playgroup in one of their beautiful community rooms.

Email Ashleigh to register your interest:
jenneyashleigh31@gmail.com



Email us: veseyward@gmail.com

Follow us on Fb: **VeseyNews**

Jenneyashleigh31@gmail.com
0753 9754 194



STAY & PLAY CHEEKY MONKEYS

Every Monday Morning
BOLDMERE
SUTTON ROSE CARE HOME

Every Friday Morning
STREETLY
SCOUT HOUSE
STREETLY



Hi Tony,

I Hope you are well,

Please could you include something about the Dog Fouling in Coppice View, Reay Nadin Drive and Westwood Road. I am a responsible Dog owner and walk my dog on a daily basis. I have noticed that there are a lot of dog faeces in the said streets, some dog walkers are being responsible and clearing their dogs' mess.

This is not on, as the dog walkers I know and meet always carry a bag to clear up after their dogs. However there are a few that do not clear up the mess. Can we plead to all dog walkers to clear their dogs mess during their walks to keep our paths clear for all to enjoy, especially children.

Also, the area of the council garages between Birmingham Orthodontics and the Nursery School in Reay Nadin Drive. This area is an area where litter has been dropped and has accumulated to a degree where we have now seen rats running about. I have reported this on BCC website twice now and also contacted Rob Pocock for his help on this. Rob has said he will look into this, however he has to work out who's department in BCC it falls under. I am waiting for an update from Rob. He emailed me today in quick time, to give me this information, so a thank you to Rob on that one.

Again, we want to keep our areas clear for us all to enjoy. To add to this, the bins provided are being used, we have four bins including 3 by the shops and one near the school, which are always full at the point of emptying them, so they are being used.

Kind Regards,

Gary Hall

St Columba's Hall Hire

Tables & chairs to accommodate 80 people in comfort

Hall 12m x 12m

Adjoining Kitchen 4.7m x 3.2m is also available for hire when booking hall

Ideal venue for leisure activities e.g., dance groups, keep fit, etc.

Available for one-off events as well as regular bookings

Bookings available 52 weeks of the year including Saturdays

Facilities

Large easy access car park with 32 spaces

Ground level wheelchair access to all areas

Male / female/ disabled toilets

A Kitchen is available for hire. Suitable for light refreshments

Please contact Alison Jolley, email: st.columbahall@yahoo.com

for further details.



On January 30th, those attending the Friday coffee morning at St Columba's Church held a collection of items for the Sutton Coldfield food bank. This was done in memory of a little Cambodian boy, Charlie (seen in the photo) , who was the child of friends of one of the church members. Sadly, Charlie passed away a while back and the food collection was carried out because this is done in Cambodia by bereaved family members to feed the poor in their locality. The photos of this have been sent to Charlie's parents.



Maria Mitchell. Tropic Skincare Ambassador. 07400894034.
Flf7b@yahoo.co.uk.
Contact me to discuss products, book a pamper party or discuss possibilities for fundraising events.
Tropic is an ethical company that is certified vegan and organic.



AFTERNOON TEA
SATURDAY 14TH FEBRUARY 2.30pm
£15.00 per person to be paid at time of booking

Includes Pots of Tea or an Americano Coffee per person
 Any other drink will be charged the difference

A Selection of Sandwiches served on Wholemeal & White Bread

Smoked Salmon & Cream Cheese
 Ham & Mustard Mayo
 Egg Mayonnaise with Peashoots
 Cheese & Onion Pinwheel wraps

Fresh Homemade Scones with Jam & Clotted Cream

A Selection of Sweet Treats

Please speak to a member of the team to book or call 0121 630 2462

communitea cafe
 part of Age Concern Birmingham

AGEconcern
 Birmingham

communitea cafe
What's On
February 2026
Opening Times
Monday to Saturday 8:30am - 4pm

FEBRUARY

76/78 Boldmere Road, Boldmere, B73 5TJ
 Call us on 0121 630 2462 or email us
communitea@ageconcernbirmingham.org.uk

Monday

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

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

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

Come and join us in our cosy cafe!

Energy Advice Drop In: 1:30pm until 3pm - weekly

Whether you are looking for tips on how to reduce your energy bill or need help registering with priority services, just drop in to speak to one of our Energy Advisors.

Knit and Natter: 10am until 12pm - weekly

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

Tuesday

Allotment Group: 10am until 12pm - weekly

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

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

Drop in advice and information for unpaid dementia carers.

Stroke Support Group: 10am - 3rd and 17th Only

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

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

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

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

Wednesday

Community Police drop-in: 11am until 12pm- 4th and 18th Only

Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

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

Friendship Group: 11am until 1pm - weekly

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

Digital Inclusion: 3pm until 4pm - weekly

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

Thursday

Parkinson's UK: 10am until 12pm - 5th and 19th Only

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

Social Worker drop-in: 10am until 1pm - weekly

Come along to meet and chat to a social worker - ask us anything

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

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

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

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

Friday

AWOC Support Group: 10am - 11:30am - 20th Only

Are you growing older without children nearby - or without children at all? Our Aging Without Children group offers a warm, welcoming space to share experiences, build friendships and support one another.

Art Group: 10am until 11.30pm - weekly

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

Advice Cafe: 11am until 2pm - weekly

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

Chatty Cafe: 2pm until 4pm - weekly

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

Saturday

Legal Services Drop In: 10am until 12pm - 7th February Only

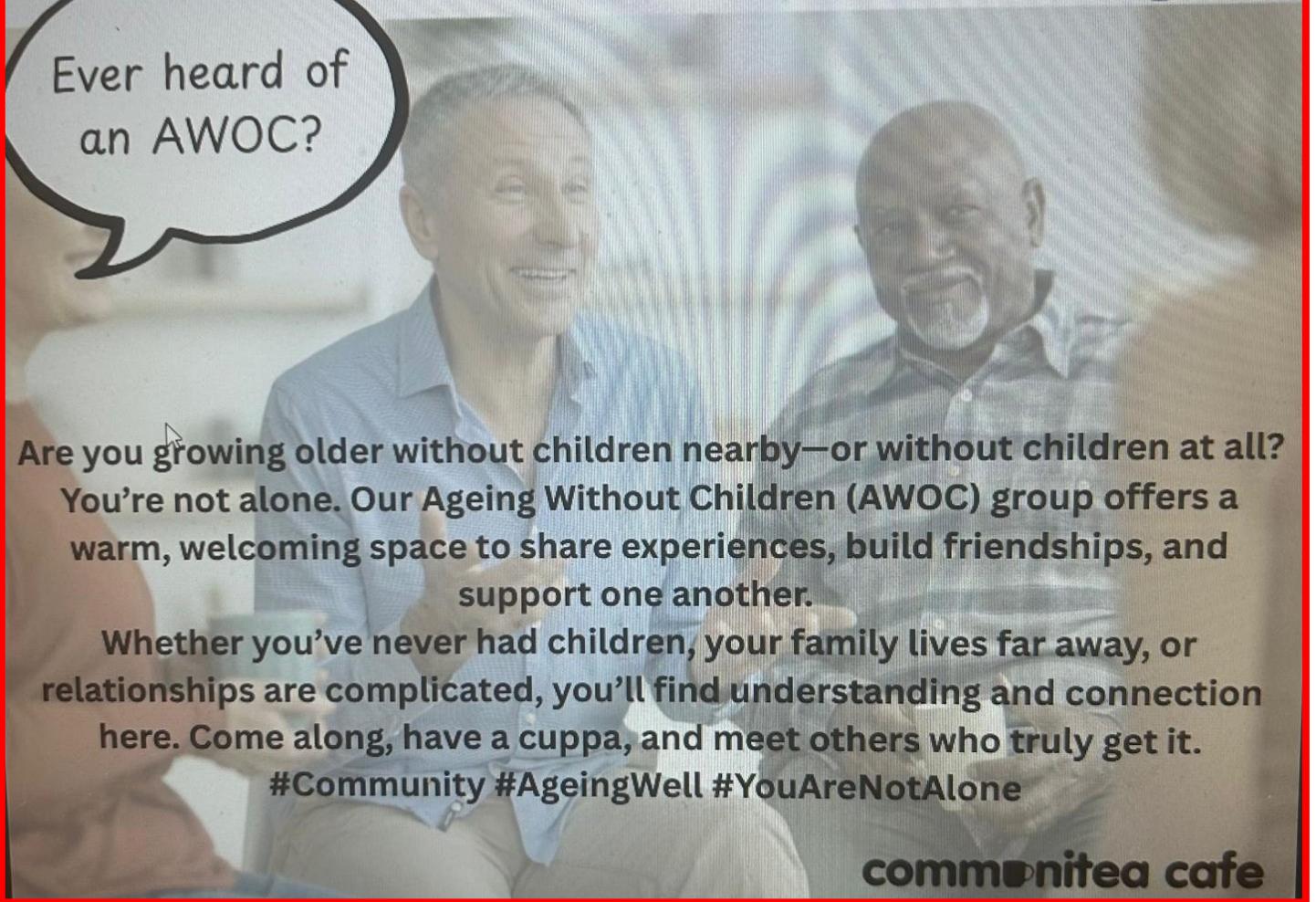
Drop in to speak to our legal partner Jane from Wills Made Clear if you need advice on a will, lasting power of attorney or trusts!

Afternoon Tea: Saturday 14th February Only

Enjoy our afternoon tea with friends or loved ones for just £15 per head. Booking essential.

AGEconcern

Birmingham



Ever heard of
an AWOC?

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

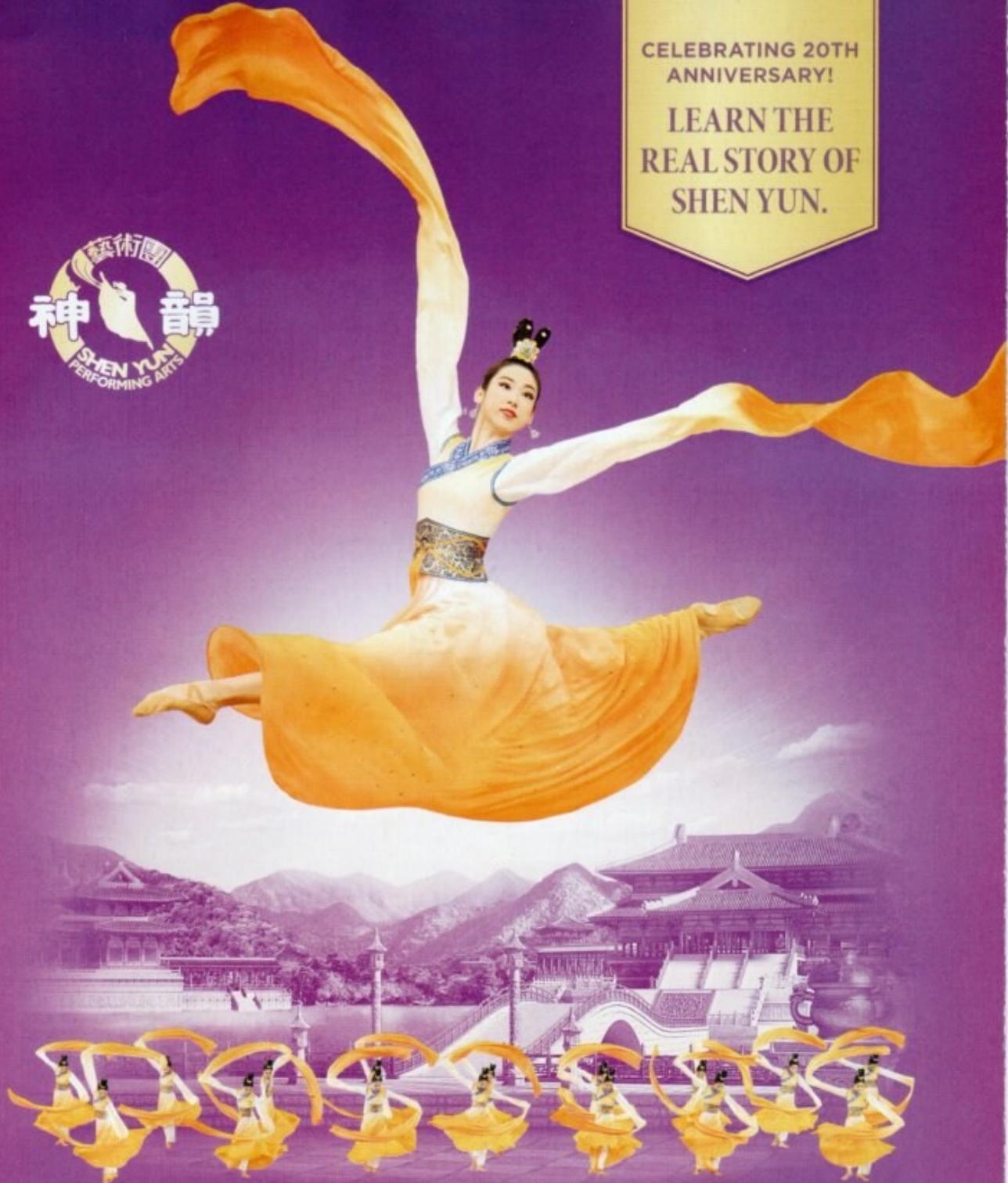
Whether you've never had children, your family lives far away, or relationships are complicated, you'll find understanding and connection here. Come along, have a cuppa, and meet others who truly get it.

#Community #AgeingWell #YouAreNotAlone

comm~~uni~~tea cafe



CELEBRATING 20TH
ANNIVERSARY!
LEARN THE
REAL STORY OF
SHEN YUN.



神韻晚會 2026
SHEN YUN
CHINA BEFORE COMMUNISM

2 JAN-1 MAR

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Glasgow · Edinburgh · Llandudno · Stoke-on-Trent · High Wycombe

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



Emmanuel Church

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

Car park available

Limited parking is
Pay and Display

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!



In association with





For people living with a dementia and their care partners

**We meet on the first Thursday of the month
from 12.30pm until 3.30pm**

**at Holy Cross & St Francis Church Hall, B76 2RS
for a light lunch, drinks and homemade cakes.**

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

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

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



**To find out more please email
sunshineclub2025@outlook.com**

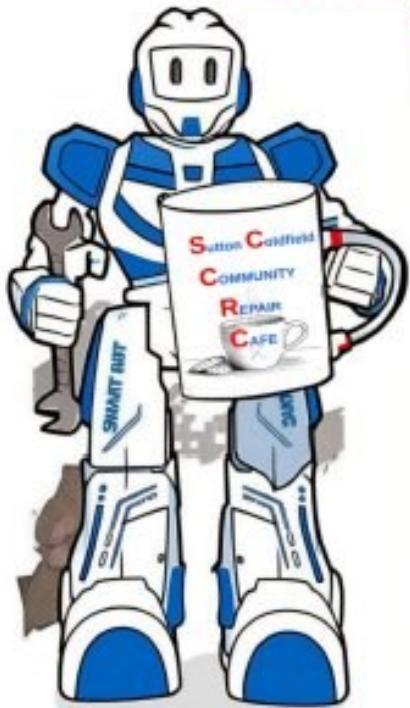
Volunteers Wanted

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

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

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

Sutton Coldfield Repair Cafe



This Repair Cafe is a free community meeting event where skilled volunteer fixers will help repair various items, give advice, skill share or you can just come along for a cuppa and a chat. The event is to bring people together to reduce waste and help the environment.

The Repair Cafe is held at Wylde Green United Reformed Church 72 Britwell Road, Boldmere, B73 5SW on the **Second Saturday of each month** between 10:00am to 1:00pm, last repairs at 12:30

See Facebook for more details (Search “Sutton Coldfield Repair Cafe”).

Next events:-

11th October at Wylde Green United Reformed Church.

8th November at Wylde Green United Reformed Church.

13th December at Wylde Green United Reformed Church.

Could You Foster?

Because every child deserves to feel safe and wanted.

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

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

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

“

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

LRM, a teenager living with Compass Foster Carers

Read Anji and Andrew's story 





Motoring, " the Good Old Days?"

My first car was a 1959 silver! black Vauxhall Victor FB, reg YOF 672, bought second-hand in 1962 for £300. Road Tax was £25 per year, petrol was 4s11d / gallon (roughly 24p/gallon at today's prices). Average fuel consumption was about 30 miles to the gallon.

The car had to be serviced every 1500 miles. Oil change (approximately £2.50/gallon, Duckhams Premium), spark plugs were 4 for £1.

There were also a number of grease nipples around the car that had to be greased every 500 miles. But all this was done by the average car owner, no garages for this work, too expensive. Plus, all the fun of DIY.

Most cars had carburetors, no fuel injections. When the car was first started, especially in the cold weather, we used a choke to enrich the fuel/air mixture. Every car was different and if you over choked the engine and flooded it with extra petrol then it was a devil to start. Best to go indoors, have another cup of tea and let the petrol fumes disperse. Most cars were rear wheel drive so great care driving on snowy/icy days. Car insurance was about £ 30/year. A new car, e.g., a Ford Cortina, cost £597 (this was one of the best sellers in 1962) and a Mini cost less than £500.

in 1962, in the Midlands, the average three-bedroom house cost about £2,600. But then the average annual wage/salary was about £800/year, £1,000 if you worked in the car industry!

This car was my pride and joy, washed and polished every week. But the great killer of cars in those days was rust. I swopped my car tyres around regularly, until one day, jacking up the car, the jack went straight through the body!

My first experience of the joys of motoring.

Banners Gaters - Friends of the Gates

At the beginning of June last year Banners Gaters were told that, due to the BCC drastic reduction of the number of park rangers in the city, resulting in the effective withdrawal of the rangers from Sutton Park, our group would have to be axed. We weren't going to give up that easily, so we all joined Friends of the Gates, which meant we had the necessary insurance to continue without a ranger present, albeit with severe limitations on what we're allowed to do. Although we are fully insured to use domestic power tools, up to and including petrol mowers, we need the permission of the landowner, in this case Birmingham City Council, and they have a policy that forbids volunteers to use any power tools.

We are told that updating this policy is in progress, but nothing has happened so far. We could clear a lot more nettles and brambles that are encroaching on paths with a strimmer or hedge trimmer, as many passersby keep telling us!

For the past few months, using loppers and hand saws, we have been clearing holly, which has been allowed to grow without coppicing for many years, from Westwood Coppice. This allows light to reach the woodland floor so that other plants, long since missing, can grow again.

At first, we used holly trimmings to build dry hedges on the ancient boundary, to protect them but, now we've moved away from the banks, it's too far to carry them so we've left them in piles which will eventually rot down. We're careful to leave most of the female (berry bearing) trees intact plus enough male trees for fertilisation and we take care not to disturb nesting birds or other animals.

It will take years to clear the whole of Westwood Coppice of overgrown holly by hand, and most of our group are pensioners. More volunteers are needed so, if you can, please join us.



We meet every Monday at 11am on Banners Gate car park except on Bank holidays or if the weather's really bad and finish at 2pm. Coffee break is at 12.30 so bring a drink. Wear old clothes and, if you have them, bring any suitable hand tools with you.

Your Path to Freedom from Pain and Discomfort

At Backcare & Acupuncture Clinic, we help you to break free from pain, stiffness, and limitations. Our comprehensive two-session approach includes:

- **Your First Session:** A thorough assessment to identify your specific needs.
- **Your Second Session:** Detailed explanation of your personalised treatment plan, answering all your questions, followed by your first treatment.

THIS MONTH ONLY: Special Introductory Offer

Complete assessment for only £65

"A wonderfully professional yet friendly team."



"I can't recommend them highly enough, I would suggest any one suffering pain to call and make an appointment"



"Truly excellent customer service, as a first time client they made me feel right at ease."



BAC Backcare & Acupuncture Clinic

We specialise in helping adults regain mobility, reduce pain, and improve quality of life. Our experienced practitioners create individualised care plans that address the root causes of your discomfort - not just the symptoms.

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Day Street, Walsall and
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Call today to book
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www.clusker.co.uk

BAC
Backcare & Acupuncture Clinic

Rediscover Life Without Limitations



Osteopathy • Physiotherapy • Acupuncture

EMMANUEL CHURCH, WYLDE GREEN

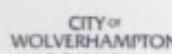
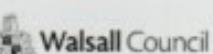
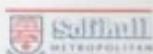
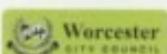
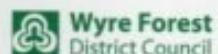
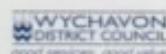
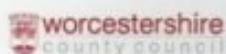
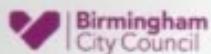
WARM WELCOME



ALL AGES AND FAITHS
WELCOME FOR A WARM
DRINK AND A FRIENDLY CHAT

10AM UNTIL MIDDAY
SATURDAYS

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



We can offer **expert advice** on:

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



for more info go to

www.actonenergy.org.uk

or call our free phone

0800 988 2881

Notes:



@actonenergy



@actonenergyuk



@actonenergy_uk

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

vs

Cartoons and some puns from Chris. Thank you Chris W

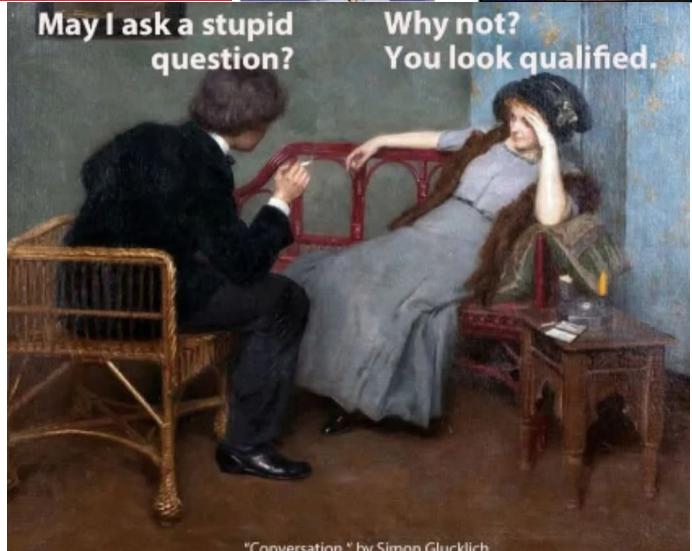
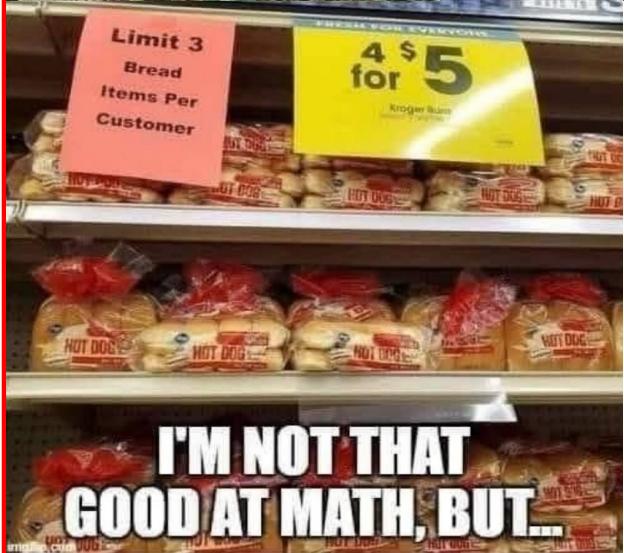


**Someone
ripped the
pages out of
both ends of my
dictionary
today.**

**It just goes
from bad to
worse.**



Just a warning if you're buying a watch on Amazon. I learned the hard way that if it says you can swim with it, this only applies if you can already swim without it.



Everyone was seated around the table as the food was being served. When little Johnny received his plate, he started eating straight away.

"Jonny, wait until we've said our prayer," his mother reminded him.

"I don't have to." – the little boy replied.

"Of course you do." – his mother insisted. "We say a prayer before eating at our house."

"That's at our house," Johnny explained, "but this is Grandma's house and she knows how to cook."

Remember - Church Service tomorrow at 2pm. Please join us for refreshments afterwards and if we can wash your dirty willies, please bring them along Thank you.

14:41, 22 Mar

I am so sorry, it's WELLIES!!!! WELLINGTON BOOTS. Sincere apologies for any offence caused.

Here's your quiz for foodies - some easy, but you may disagree!

1. What is the most consumed fruit in the world?
2. What is the main ingredient in guacamole?
3. What is the national dish of Spain?
4. Which country is responsible for creating hot sauce?
5. In which country did the Caesar salad originate?
6. What is the main ingredient in hummus?
7. Which type of wine is typically paired with steak?
8. Which popular condiment is made from fermented soybeans?
9. What is the hottest chilli pepper?
10. Which city has the most Michelin-starred restaurants in the world?
11. What is the most expensive spice in the world by weight?
12. What is the most expensive fruit in the world?
13. What is the cheapest vegetable per pound?
14. In what country was the square watermelon developed?
15. In what year was Marmite invented?
16. Which vegetable has the highest water content?
17. Which country produces the most coffee in Africa?
18. In what country did Maria Ann Smith, the person behind the name 'Granny Smith' own an orchard?
19. What is the name of the citrus fruit that is a cross between a pomelo and a mandarin orange?
20. What is the name of the Mexican dish consisting of a corn tortilla filled with meat and beans?
21. Which fruit is a natural source of caffeine and is commonly used in energy drinks and supplements?
22. Which nut is used to make marzipan?
23. What type of seafood is typically used in a classic New England chowder?
24. What are the three main spices in Garam Masala?
25. Meat boiled in a crust is an early name for which traditional British dish?
26. Which type of chocolate contains the highest percentage of cocoa solids?
27. What was the original purpose of gin?
28. What is the most consumed alcoholic drink in the world?
29. Makgeolli, a popular Korean drink, is made from which key ingredient?
- Gelato contains more milk, less cream and fewer egg yolks than ice cream. True or false?

Answers

1. Bananas
2. Avocado
3. Paella
4. Mexico
5. Mexico
6. Chickpeas
7. Red wine
8. Soy sauce
9. Carolina Reaper
10. Tokyo
11. Saffron
12. Yubari King Melon
13. Potato
14. Japan
15. 1902
16. Cucumber
17. Ethiopia
18. Australia
19. Tangelo
20. Burrito
21. Cola nut or Guarana
22. Almonds
23. Clams
24. Cumin, coriander, and turmeric
25. Toad in the Hole
26. Dark chocolate
27. A medicine
28. Baijiu
29. Rice
30. True

Banners Gaters

Banners Gaters have been busy this month, continuing to clear out holly from Westwood Coppice, cutting back trees which had been blown down over the paths by storm Goretti and unblocking the ditch below the boardwalk on the bridleway, so that flood water drained away. If anyone can spare a few hours on Monday mornings to help us to keep the worst of the deterioration of our area of Sutton Park at bay, we'd love you to join us, everyone welcome over 18.

We meet at Banners Gate entrance, on the car park, at 11.00 am every Monday morning except for Bank Holidays or if the weather is bad. Bring loppers, garden saws, secateurs if you have them, no power tools because the City Council currently forbids volunteers to use them though we hope this will change, wear old clothes and gloves and bring a drink for 'coffee break'.

Hope you can make it.





Friends of King George V Playing Field

We're pleased to say that 11 volunteers took part in our litter pick on Saturday 24th January and we collected 13 bags of litter, including one bag of very soggy leaflets advertising a local takeaway restaurant. Someone didn't want to bother delivering them. The restaurant staff were informed – they had paid for them to be delivered and will contact the company involved. There were also several sheets of roofing felt, possibly blown off a local roof. This was the largest turnout of volunteers that we've had so far please keep coming, folks.

Our next meeting for anyone interested in caring for and developing the facilities at the playing field is at 7.30 on Wednesday 11th February at Banners Gate Neighbourhood Church, Westwood Road, B73 6UH. If you use the field or have any suggestions that would encourage more people to do so, please come to our meeting. We'd love to see you and hear what you have to say.

You can see us on Facebook – Friends of King George V Playing Field, Sutton Oak Road



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

This metal wind-up device found in the crawl space of an old house:



1

This long metal stick with a hinge on one end:



2

This cast-iron device mounted to a wooden base that spins and chops down



3

DANCE ARGENTINE TANGO



with Franco & Julia



Now at: Oscott Social Club
Witton Lodge Road. B23 5LX
Thursdays 8.30—8.45pm
Fundamentals and techniques with
practise time
8.45—10pm
With practise time
Improvers / intermediate level
Taking your tango to the next level
Please wear non-rubber sole shoes

Contact: Julia 0779 008 4218

Answers from last page

1. It's a Mortimer Snerd wind-up car from about 1939."

2. Looks like the handle for a dust mop

3. it's a Victorian-era food chopper!

Odd things to see in Scotland

1. The giant Gulliver's foot left over from an abandoned sculpture in Edinburgh
It's pretty rare to find an actual 'hidden gem' these days – but ask most Edinburgh locals where to find the giant Gulliver's foot and they'll have absolutely no idea what you're talking about!

In the late 1970s, Craigmillar's residents came together (led by local mothers and the art-focused Craigmillar Festival Society) to commission a 100-foot concrete sculpture of Gulliver, designed by former gangster-turned-artist Jimmy Boyle while he was in prison.

Unveiled by Billy Connolly, it featured tunnels and hideaways throughout its 'body' and became the largest concrete sculpture in Europe, serving as both playground and beacon of community art, jobs, and regeneration. However, as time went by, the site became a hangout for local troublemakers – slowly turning into a graffiti-covered loitering post. In 2011 most of the structure was removed due to flood-defence works along the Niddrie Burn, leaving only the left foot and a leg tunnel behind.

Nowadays, you have to follow the overgrown trail into the tress (behind a row of houses) to catch of glimpse of what's left.



2. Corrievreckan Whirlpool, Argyll

Did you know that Scotland is home to the 3rd largest whirlpool in the world? Not only that, but the Royal Navy once branded it unnavigable. These boys were clearly having an off day, as it's now possible to take one of the daily boat tours to head out on your very own Scottish adventure. These tours are a good two-in-one for wildlife lovers, with whales, dolphins, sharks and seals all being a common sight along the way.

3. Fingal's Cave on the uninhabited island of Staffa

This outstanding cave with its own natural acoustics is situated in the far West of Scotland, just off the Isle of Mull. Visits are limited to between April and September, with some boat tour companies allowing you to walk parts of the cave. The unusual hexagon-shaped basalt columns are similar to those at the Giant's Causeway in Northern Ireland. We visited the cave with [Tiree Sea Tours](#): 1 hour to get there (including two bonus dolphin pod sightings), 1 hour on Staffa, and 1 hour back to Tiree.



Helping you find the right care, when it matters most

At CHS, we know arranging care can be emotional and overwhelming, whether it's for you or a loved one. That's why we're here: to simplify the process, listen to your needs, and offer trusted expert guidance every step of the way - at no cost to you.

We don't simply offer care options; we thoughtfully match you with the right providers tailored to your individual needs, preferences, and circumstances. With over 30 years' experience and a network of 4,000+ rigorously vetted, CQC-accredited care homes and home care agencies, you can be confident your loved one is in safe hands.

Confidence in every care choice.

Click [here](#) and scroll down to CHS Healthcare.

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Pixel



PS5

Free screen protector with any screen replacement!

OUR SERVICES

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



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0121 824 7741



www.techgiantonline.co.uk



25 Boldmere Road, Sutton Coldfield B73 5UY

Book a household recycling centre appointment

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

[See how this may affect your bin collections and what you can do with your waste.](#)

If you would like to know more, you can find more details on our [Waste and recycling industrial action - FAQ for residents page.](#)

Sutton Coldfield

Norris Way, B75 7BB

Monday to Friday: 7:00am to 9:00pm

Saturday and Sunday: 8:00am to 6:00pm

Booking

You can book:

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

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

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

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

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

[Book an appointment](#)

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

- driving licence
- utility bill

Council tax bill - paper or digital

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



Independent Age



Free benefits check for people over 65

Are you getting all the financial support you're entitled to?

Many older people miss out on extra money they could be getting each week. They may not know what financial support is available, or how to apply. Don't let that be you.



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

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

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

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

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

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



 **Independent Age**

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

Registered charity number 210729 (England and Wales) SC047184 (Scotland)

16-APR-2022-A

StreetSafe

ONLINE REPORTING TOOL

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

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

You can anonymously report behavioural or environmental concerns such as:

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

Visit Police.uk/StreetSafe

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



16/06/22

Sutton Cottage Redevelopment Plans



Extensive refurbishment

Integrated health service

Wellbeing hub for older adults

NHS

Work has begun on an £8.5 million scheme to transform Sutton Cottage into an integrated hub of healthcare services for older people.

Due to open to the public in the winter of 2025/26, the extensive transformation safeguards the future of the historic site as a one-stop health and wellbeing hub for over-65s.

The hub will provide an integrated set of secondary, community and primary care services (e.g. respiratory, diabetes, podiatry, dietetics, chronic kidney disease, frailty, musculoskeletal services).

That means patients will be able to see more than one specialist in a single visit, delivering a more personalised and holistic approach to healthcare.

While construction work is going on ...

Maintaining clinical service delivery as close to Sutton Cottage as possible is a priority, particularly when NHS services are under severe pressure.

To achieve this, we've temporarily moved some of our adult clinics into Portakabins behind Sutton Cottage, in Duke Street.

We will continue to do all we can to minimise disruption around the site. We have rented 19 spaces in South Parade car park for staff to use, to help relieve some of the pressure on parking in Duke Street.

The NHS is innovating to deliver the care people need closer to home, easing the pressure on our acute hospitals.

Sutton Cottage - a proud part of the Royal Town's past; now secure as a beacon for community-based healthcare delivery in the future.

Comments or Questions?

Please email us at info.bchc@nhs.net

Scan the QR code on the left for future updates, or visit: bhamcommunity.nhs.uk/new-sutton-cottage





Proposed Side Elevation (South - Duke Street)

Store Room Extension

UNILINK

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



BRITISH ELDERLY CARE SERVICES

Delivering Complex care with independence

Our local caregivers provide home care while maintaining freedom.

Contact : BRITISH ELDERLY CARE BIRMINGHAM

Address : 68A Reddicap Hill, Sutton Coldfield, Birmingham, B75 7BG

rose@britishelderlycare.com

Tel : 01213691699

www.britishelderlycare.com

• Hourly care • Complex • Live-in care • Short breaks
• Respite care • Companionship • End of life care • Night care

Compassionate care just for you.

Dementia

With our caregivers' high-quality training and experience means that they are well-equipped to deliver positive and compassionate support to anyone living with Alzheimer's, vascular and many other kinds of dementia.

Companionship

Even the most independent people appreciate the comfort of a smiling face and a friendly chat. Our hourly companionship care service provides regular home visits from a local caregiver, delivering peace of mind to clients and their family.

Respite

Even the most dedicated of family carers sometimes need a break. Our respite care package will ensure your loved one's wellbeing is maintained while you get the break you need to come back refreshed – a benefit for you both.



• Supportive • Honest • Innovative • Credible

Complex care

Complex care, also known as long-term care or continuing care, is given to patients with significant, continuing healthcare issues such as chronic illness and disabilities that can arise after receiving hospital treatment. Complex care is usually provided to individuals by a team of healthcare professionals, including nurses, doctors, therapists, social workers, and case managers. We all work together to develop a care plan that meets the individual's unique needs.

After Stroke

Our trained and experienced care givers can assist with recovery after a stroke. We will create a bespoke care package that ensures all recovery needs are met, while maintaining a dignified life at home.









Building a Better Life for you and your loved ones.

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

Birmingham Talking Newspaper For The Blind And Visually Impaired

btnbvi.org

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

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

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

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

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

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

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

We particularly need good quality:

- Clothes and Shoes
- Bags and Accessories
- Books, CDs and DVDs
- Homewares
- Toys and Games

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

British Heart Foundation

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

0121 355 5848

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

giftaid it

©British Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426). BHDS372

SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

Mondays:

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



Tuesdays:

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



Thursdays:

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



Fridays:

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



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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



SQUARE PEG Activities
WHERE SQUARE PEGS FIT IN
Registered Charity Number 1185040

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

**Thursdays
1-3PM**



SOCIAL SESSION FOR DISABLED ADULTS & CARERS

Activities

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



**SQUARE PEG
Activities**
Where square pegs fit in

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

£3 suggested donation

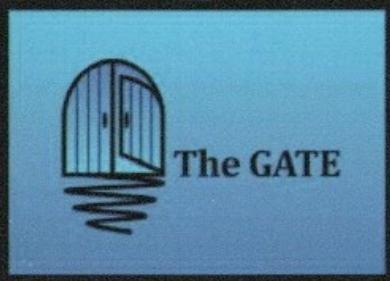
To book please email:

info@squarepegactivities.org

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

Regular activities include:

Pool
Table Tennis
Scalextric
Darts
PS5
Get Creative
Chill & Chat
Coffee Bar



The GATE

Youth Club

Fridays 7.30-9pm term time

starts

7th March 2025

Ages 11-16

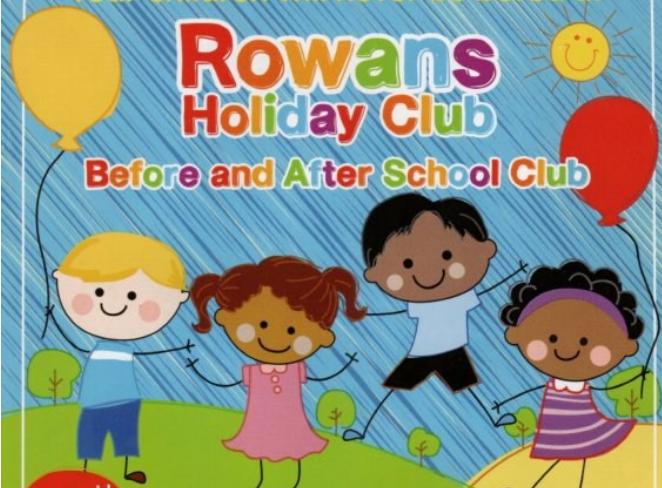
Banners Gate
Community Church
Westwood Road

Email: bannersgatechurch@gmail.com

Your children will never be bored at

Rowans Holiday Club

Before and After School Club



You could
claim up to
70% on
tax credit
T&Cs apply

**Open Monday-Friday during
school holidays from 7.30am-6pm**

(Price includes 3 meals a day, snack and drinks)

We also run exciting day trips and outings including

- Conkers activity centre
- trips to the seaside
- Sutton park for picnics
- Empire cinema

• All staff are qualified, experienced and DBS checked

• Rowans Holiday Club is Ofsted approved for your peace of mind

For more information visit www.rowans-nursery.com
email rowansnursery@live.co.uk

telephone | Becky Jones or Amy Ganley on 0121 354 4120

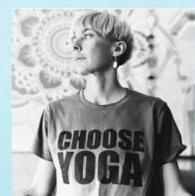
Rowans Before and After School Club operates from
St Columba's Church Hall, Banners Gate Road, Sutton Coldfield B73 6TX
(Opposite the Banners Gate entrance to Sutton Park)



"Children are happy and well settled
with a flexible routine to pursue their
own interests, the environment is
bright, welcoming and friendly."

Banners Gate Community Hall

SOUL YOGA



Schedule

Monday
6pm Yin
7.30pm Hatha

Tuesday
6am Rise & Shine

Thursday
9.30am Hatha

Sunday (1st of month)
7.30pm Mellow & Yoga Nidra
07963 044364

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

AGEconcern
Birmingham

age UK Birmingham

Birmingham
City Council

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

On an assessed basis, our Community Reconnectors can provide up to 10 weeks support to individuals who may be isolated/vulnerable or feeling unconfident about accessing/ engaging in the wider community.

This project also offers new social experiences/encourages new friendships through our tailored support. Further support is also offered through our new friendship groups situated in Sutton Coldfield and across the city.

Please contact 0121 362 3650 for more information if:

*You are feeling isolated, or would welcome the chance to meet new people in your community.

*Maybe you already run a coffee morning/community group and would like to work with us to widen your reach.

*You would like to increase your social opportunities.



Sunday Mornings at St Columba's

Rev Beccy invites you to a warm and welcoming service at 10am

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome: everything is explained as we go along and is on a big screen at the front.

Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

You are welcome.

Slimming World

taste the freedom

FREE membership

Get out and lose weight!

St Columbas Church hall
Banners Gate Road
Wednesdays 7pm
Karen 07759170289
Or just come along!

slimmingworld.co.uk

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Coffee Morning

every Friday 10:00 -12:00
St Columba's Church Hall
Banners Gate (Sutton Park Corner)

Not on Friday 29th December

All welcome for Coffee. Tea. Friendly chat. warm space

Church open for anyone who wants a peaceful moment or quiet chat.

Classes at St Columba's Church

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



Feeding our community in need

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

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

IF YOU WOULD LIKE TO SUPPORT OUR WORK PLEASE MAKE A DONATION USING [THIS LINK](https://www.justgiving.com/hopefoodnb):

<https://www.justgiving.com/hopefoodnb>

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

Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything

"Keeping your body active & healthy is the most important thing you can do for yourself. Both physically & mentally, especially as we get older"



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

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

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

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



Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk

 **ExtraCare**
Charitable Trust

New Oscott Village Gym

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

our place

ADVICE

COFFEE MORNING

ARE YOU 50+ AND LOOKING TO SOCIALISE?

JOIN OUR COFFEE MORNING WITH THE COMMUNITY
NAVIGATOR AND EXPLORE LOCAL
SUPPORT AND ACTIVITIES!

CONTACT RANJAN HOATH FOR MORE INFORMATION

DATES

8TH AND 22ND JANUARY

5TH AND 19TH FEBRUARY

5TH AND 19TH MARCH

2ND, 16TH AND 30TH APRIL

14TH AND 28TH MAY

11TH AND 25TH JUNE

10AM-12PM

VENUE: OUR PLACE COMMUNITY HUB
FARTHING LANE

B72 1RN

0121 354 4080

FUNDED BY





MEN WALKING AND TALKING
Est. 2021



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

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

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

MENWALKINGANDTALKING.CO.UK

mind Birmingham for better mental health

Birmingham and Solihull Mental Health NHS Foundation Trust

Talking Space

Are You Having a Difficult Time ? We can help with ...

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

Just drop in between 6pm - 11pm (Over 18 only)
Thursday, Friday, Saturday & Sunday

Beechcroft Centre
Rear of 501 Slade Road, Erdington, B23 7JG

In Partnership with **creative SUPPORT**
ForwardThinking Birmingham

mind Birmingham for better mental health

Birmingham and Solihull Mental Health NHS Foundation Trust

Talking Space

Are You Having a Difficult Time ? We can help with ...

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

Just drop in between 6pm - 11pm (Over 18 only)
Wednesday, Thursday & Friday

Handsworth Hub
9 Park Avenue, Hockley, Birmingham B18 5NE

In Partnership with **creative SUPPORT**
ForwardThinking Birmingham

Sing me Sunshine

Sing Me Sunshine is my lovely singing group for all!

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

Tuesdays 2 - 3pm | Thursdays 2 - 3pm

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

£5 PER PERSON

If you are looking to do something new, feeling a bit lonely or living with health issues, I'd love you to come along and let Sing Me Sunshine brighten your day.

Make new friends, feel positive and have some fun!

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

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

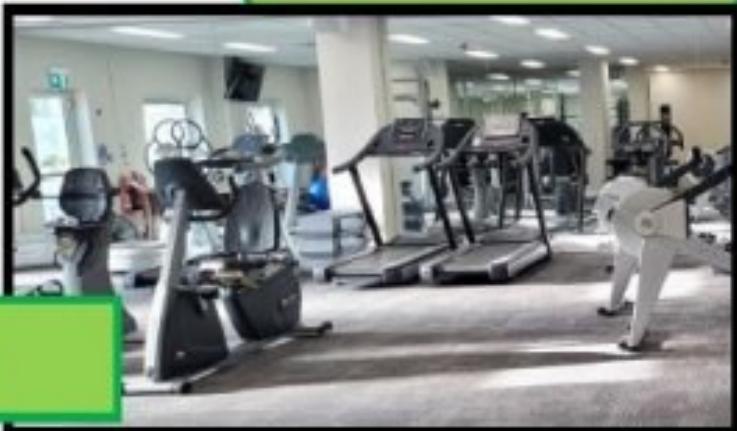
New Oscott Village SPECIAL SUMMER OFFER!

*Special offer for Banners Gate
forum subscribers*

*Get 7 months for the price of 6
or
14 months for the price of 12
Monthly memberships
also available*

Come and have a look around

START TRAINING TODAY



Why Choose Us?

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

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

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

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



0121 377 5000

Jackie.Taylor@extracare.org.uk

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



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

**JOIN THE MEN'S
HEALTH & WELLBEING
GROUP**

Fourth Tuesday
in the Month | 7pm - 9pm



Safe Space
Welcome "Safe Space" to meet, chat & discuss

Regular Meetings
Meeting regularly to discuss enhancing wellbeing

Men Networking
Networking personally & professionally

Guest Speakers
Specialist Guest Speakers

Physical Activities
Engaging in a variety of fun physical activities

No costs to attend

"Men's Health Is Their Wealth."

[Visit our website](#)

Highcroft Community Centre, 485 Slade Road, Erdington, Birmingham, West Midlands, B23 7JG

07493 397272
info@menshealth-wellbeing.co.uk
www.menshealth-wellbeing.co.uk

Sutton Social

Join us for a chance to socialise with other visually impaired adults!

£2
per session

Every Tuesday
10:30 am - 12:30 pm

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

If you'd like to know more, please contact
Hayley Phillips on 0121 281 5811
or 0121 393 4849





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

All Welcome

Free Massages

1 Brassington Avenue, Sutton Coldfield, B73 6AA

cafe.oasis@scurc.org.uk

Free monthly activity sessions for people aged 75 and over



Please register in advance by calling 0800 716 543

Activity: Boccia/Indoor bowl
Starting: Monday 11th March
Date: Every second Monday of the month
Time: 10:30am - 12pm
Venue: Oasis United reformed church hub
1 Brassington Avenue Sutton Coldfield B73 6AA

Bringing generations together



Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SCO39377)
visit [www.reengage.org.uk](#) for more information

Please Bring
Donations
to:

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



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

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/



Location

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



When
Monday



Time
1:00 pm



Contact
falconlodge@foodcycle.org.uk



Family Friendly
Yes



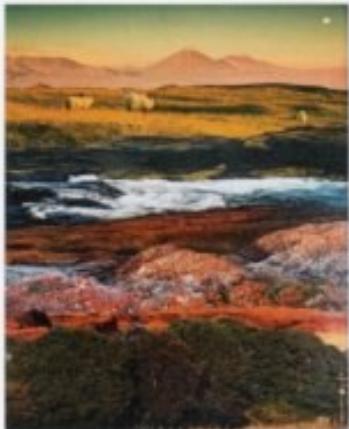
Accessibility - Disabled Toilet
Yes



Accessibility - Disabled Parking
Yes



Accessibility - Flat
Yes



Are you interested in Art?

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

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

www.suttoncoldfieldsocietyofartists.co.uk

www.suttoncoldfieldsocietyofartists.co.uk

 [suttoncoldfieldsocietyartists](https://www.instagram.com/suttoncoldfieldsocietyartists/)



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

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

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

Make New Friends Learn New Skills 

the
Seasons
Art Class

COME AND
WARM UP
WITH US!



THIS IS THE **ART** **CLASS**

YOU'VE ALWAYS WANTED

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



**NEW
COURSE
CONTACT US
TODAY**

**ABSOLUTE BEGINNERS TO IMPROVERS
WILL LOVE THIS COURSE!**



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



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



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



**STRICTLY LIMITED PLACES
CALL NOW**

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

SIP 'N PAINT

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



Location:

**St James Church Centre
59 Mere Green Road
B75 5BW**

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

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



Wal Finch
REDEFINING HOME CARE



Sutton Coldfield Photography Club



The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



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

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



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

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

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



www.sea-cadets.org/suttoncoldfield

Volunteers Needed!

Are you looking to expand your CV, gain experience working with disabled people or just do some good? If so then volunteering with us could be just what you need. All our users, mostly children are disabled or the sibling of a disabled child. Our activities are all play based.



SESSIONS:
DAY TIME AND AFTER SCHOOL
CLUBS IN TERM TIME AND
ALSO DURING THE HOLIDAYS

Please email a bit about
yourself to:
tyler@squarepegactivities.org

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



SQUARE PEG Activities

WHERE SQUARE PEGS FIT IN

Registered charity number 1185040

Tyler Shaw (She / Her)

Delivery and Outreach Coordinator

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

-  tyler@squarepegactivities.org
-  0121 824 0508
-  07782 171954
-  37-39 Gate Lane, Boldmere, Sutton Coldfield, B73 5TR
-  www.squarepegactivities.org

   @squarepegcharity

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

Funded by



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



Working in conjunction with

CHILDRENS QUARTER

40 Station Parade, 2 Kingsgate Road, Birmingham B12 8HA
www.childrensquarter.org 0121 380 6887



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

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



BSWA

UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

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

So what's new?

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

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

We are also delighted to announce that we are now open on Sundays, even more opportunity for you to shop for a cause!

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



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

LEAP - The Energy and Money Saving Service

FREE
FOR LOCAL
RESIDENTS

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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567

[Freephone] to book your appointment, or apply online:

www.applyforleap.org.uk

8:45am-5:30pm Monday to Friday




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MOBILITY®**

Louise Pugh

Store Manager

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wylde.green@easylivingmobility.co.uk

www.easylivingmobility.co.uk

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Great British Furniture

Journey with us

ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415



STORES ACROSS
MIDLANDS

OPEN 6 DAYS
PER WEEK

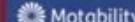


SUPPORT US
AND
SHOP
LOCAL

WE WILL
SUPPORT YOU



Trustpilot





FREE DELIVERY
ON ORDERS
OVER £100

LOVE TO PLAY ROLE PLAY SESSION ALL AGES WELCOME



ST COLUMBA'S CHURCH

BANNERS GATE

WEDNESDAYS

(TERM TIME ONLY)

10.15AM-11.30AM

£6.50 PER CHILD
INCLUDES SNACK & DRINK

CONTACT BECKY- 07940547492

BECKY@LOVEFORBABIES.CO.UK

LOVEFORBABIES 



54



Spitfire Advice and Support Services

At
Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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



 **Compass Support**
Part of The Pioneer Group

REFLEXOLOGY FOOT MASSAGE

“We are living in uncomfortable, crazy times”

*The most productive thing you can do is
“RELAX”*

Switch off for a while - Feel good and reconnect



Benefits include:

- Improved sleep
- Elevated energy levels
- Immune system boost
- Decreased tension
- Deep relaxation
- Improved circulation

Be kind to yourself
or someone you love
Call Hayley G
07946 740910

Mobile Experienced & Professionally-Trained Reflexologist & Therapist

Gift vouchers available now
(Discounts for Carers!)



Oakey Dokey Tree Services

01216081732

Duncan Mooney

Tree
Surgeon, Arborist, Landscaper

07702606977

duncan.mooney@yahoo.co.uk



Trees are alive



Phone Scams

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

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

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

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

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

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

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

<45788196-0bc9-42a4-87cc-371f2710914e.pdf>
[\(neighbourhoodalert.co.uk\)](http://neighbourhoodalert.co.uk)

Attachments

[Phone Scams Booklet - Final.pdf](#)



Message Sent By

Stefanie Sadler

(West Midlands Police, Engagement & Consultation Officer, Birmingham Partnerships)



West
Midlands
POLICE

Action on ASB - Have your say on antisocial behaviour in your community

We're launching a new survey in partnership with the Office of the Police and Crime Commissioner to capture your thoughts and concerns about antisocial behaviour in your community.

We've developed a plan to reduce antisocial behaviour for 2026 onwards, and your views are central to helping this plan continue to grow and work effectively for our communities.

The survey will give you the opportunity to share your experiences and ideas to help ensure the plan reflects the needs of our community, and how well police are delivering a service for you.

Antisocial behaviour can have a real impact on how safe people feel where they live. By taking part in the survey, you can help West Midlands Police identify what matters most in your area and where action should be focused.

The survey will be open throughout February, and

Feedback from the survey will directly inform the approach taken by West Midlands Police and partners to reduce and prevent antisocial behaviour moving forward.

To have your say, complete the survey before 28 February:



[Please click here to complete the survey](#)



Message Sent By

West Midlands Police, Corporate Communications



West
Midlands
POLICE

Protect yourself from courier fraud

Criminals are targeting people by posing as police officers and banks to steal life savings and we need your help to stop them.

Courier fraud relies entirely on fear and urgency. A caller will claim to be a police officer or a bank official and tell you that your account is at risk or that your identity has been stolen. They might ask for your bank card PIN, tell you to withdraw or transfer large sums of money, or even pressure you into buying luxury items like gold, jewellery, or high-end electronics.

They often claim this is part of a secret investigation to catch a corrupt bank employee. Once you have the money or goods, they send a courier to your door to collect them.

It is important to remember that the police or your bank will never ask for your PIN, tell you to withdraw or transfer money, or send someone to your home to collect money or valuables. They will also never ask you to move your savings into a so-called safe account.

If you receive a call like this, the best thing you can do is hang up immediately.

If you have already been targeted by this scam, please know that this is not your fault. These fraudsters are professional manipulators who are trained to deceive.

Support is available for you and reporting the incident is the most effective way to help us catch those responsible. If a courier is on the way or already at your door, call 999 immediately as this is a crime in progress.

Please share this warning with your loved ones and keep a close eye on elderly family members or neighbours who may be more vulnerable to these tactics.

[Watch](#) how fraudsters operate: Stay wise, don't compromise.



Message Sent By

Georgia Patterson

(West Midlands Police, Communications Officer, West Midlands)



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH
LAUNCHES WEDNESDAY 26TH 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 to reserve your space.

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



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 cafe! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minded members of the community, make new friends and enjoy a selection of home-baked treats in our warm cafe. We also have a 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.

9.9

care UK

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



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 to receive updates on newly supported projects, asset news and training opportunities.

To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our **NNS Handbook** at <https://www.calameo.com/read/00067546760ea7e9396a0>

What's On at Streetly Community Library Autumn 2025

1st Wednesday of each month 11-12 Adult Reading Group

2nd Wednesday of each month 10.30-12 Poetry Group

3rd Tuesday of each month 11-12 Crime Club Reading Group

3rd Wednesday of each month 10-12 Knit, Stitch and Chat

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

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

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

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

3rd Saturday of each month 9.30-11.30 and other Saturdays 11-1 Local Councillors' Surgery—*no appointment needed*

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

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

Tuesdays 30th September, 14th & 28th October 9.30-1 Citizens' Advice Bus on Library Car Park—*no appointment needed*

Tuesdays 30th September, 14th & 28th October 10-12 Chess Club for Adults

Saturdays 18th October, 1st, 15th & 29th November 2.30-3 Saturday Story Time

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

Saturday 27th September 11-12.30 Lego Fun

Saturday 18th October 10-12 Mental Health Drop-in - *no appointment needed*

Saturday 25th October 11-12.30 Lego Fun

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

Blackwood Road, Streetly, B74 3PL 01922 654864 streetlylibrary@walsall.gov.uk

Birmingham's Mobile Library Service

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

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

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

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

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

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

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

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library



Kingstanding Library

birmingham settlement

developing communities, changing lives

Employability and Digital Skills Programme

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

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



Scan to learn more about our services: 

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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



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

If your family is struggling financially and you would like some help with a food parcel, this can also be arranged.

OR CONTACT ELIZABETH: 07597 012 598

It's Free!

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

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

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

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

www.birminghamsettlement.org.uk
Registered Charity: 517303



Free
Bring proof of address for first loan

Pop-up Share Shack

 **Wednesday 11am - 1pm**

 **610 Community Centre, 610 Kingstanding Road, B44 9SH**

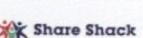
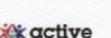
Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the **610 Community Centre**

Borrow items, share ideas, skills and more at your local Share Shack - for free!



For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks

See next page

64

ELIM LIFE CHURCH FOODBANK

Are here to help You!



COVERING:
• KINGSTANDING
• WYRLEY BIRCH
• PHEASEY

P.T.O

ELIM LIFE CHURCH
COMMUNITY HUB
ELC 28 ROMNEY WAY
PHEASEY B43 7TL

OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:
foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

www.elimlifechurch.co.uk



PLEASE NOTE:

Referrals must be made by 12noon on Wednesdays
(Please note a request does not guarantee a parcel)

**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

Benefits Advice Surgery

Every Tuesday & Wednesday from 10.00am - 2.00pm

APPOINTMENTS ONLY



- General benefit advice
- Debt & Welfare
- Housing benefit
- Universal Credit
- Help with accessing online welfare services

Areas Covered:
Erdington, Kingstanding, Perry
Common, Stockland Green,

To book an appointment or for further
information, contact Aisha or Anika on;
07591 598 340 0121 455 8144





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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

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

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

The services at each space will vary but may include:

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

You can find details of our current Birmingham Warm Welcome Spaces at www.birmingham.gov.uk/warmwelcome

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

Food Support:

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

Foodbanks:

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

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

To find a foodbank or other food support please visit
<http://www.birmingham.gov.uk/foodhelp>

Healthy Start card

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

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

To find out more and way to apply visit
www.birmingham.gov.uk/healthystart

Free School Meals

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

More Information Available

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

Benefits and Money Advice:

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

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link www.gov.uk/check-benefits-financial-support

Birmingham City Council has also developed several support factsheets which provide useful information on a range of debt related issues. You can view and download information on www.birmingham.gov.uk/debtadviceteam

If you are struggling with debt and need advice and support you can also visit www.birmingham.gov.uk/helpinbrum which can help direct you to the right information.

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

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

Energy Efficiency:

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

There are several schemes already available for residents, with full information and guidance available at www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Other Support Available

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

Age UK Birmingham

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

Birmingham Mind

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

Moneyhelper

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

Stop Loan Sharks

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

Turn2Us

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

Birmingham and Solihull Women's Aid

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

Shelter

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

The Active Wellbeing Society

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

The Refugee and Migrant Centre

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

Spitfire Services

Advice on money, benefits, housing and employment issues 0121 747 5932 | www.spitfireservices.org.uk

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

**St John
Ambulance**



Young Responders



Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

**"Make a difference
today!"**

**Hands-on first aid
sessions for 14 - 25s**



**For more information
visit www.sja.org.uk**



**FREE first aid sessions
in your local area**

Supported by players of



Awarded funds from



Play Bridge



Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS



A new course of Bridge Lessons for complete Beginners and those wishing to refresh their Bridge knowledge is starting on 16th May 2023 Tuesday Evening 7:00 pm until 10:00 pm.

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

160 Walmley Road, Sutton Coldfield See our website for more information at www.suttoncoldfieldbc.co.uk

English Bridge Union, Broadfields, Bicester Road, Aylesbury HP19 8AZ - 01296 317200

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge

Line Dancing

Absolute Beginners Class

to be held at

Banners Gate Community Hall

Tuesdays 5 - 6 pm

Everyone welcome

Please phone Diane

On 07711 048 215

For further information



Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

- The right way to socialise
- Eye contact
- Sit and stay
- Effect of food on behaviour
- Loose lead walking
- Recall
- Building confidence
- Toilet training
- Teething
- Gate and door manners
- Understanding threshold



Classes available now in Sutton Coldfield - Saturday afternoon



TO BOOK YOUR PLACE PLEASE CONTACT

ERICA

Text or call: - 07704 523 733

Email:- ecd23@icloud.com



Check out the QR Code for further details and reviews



CREATIVE PLANTS

A friendly unique plant nursery specialising in stunning Italian and Mediterranean plants



Bespoke Italian coffee, home made cakes and freshly cooked meals.

Birmingham Rd, Shenstone Woodend,
Shenstone, Lichfield WS14 0LB

OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

- BENEFITS
- HOUSING
- EMPLOYMENT SUPPORT

SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

- DEBT ADVICE
- LEGAL ADVICE

For more information contact us on: 0121 354 4080
Email: adviceservice@ourplacesupport.org
www.ourplacesupport.org
Facebook, Twitter, Instagram @OurPlaceSupport

Supported By 



EHPSC
Early Help Partnership Sutton Coldfield



No longer available due to funding change

Early Help is a network of local organisations, here to ensure services are accessible for families who need support. Use the QR code to access our [Community Connect Form](#). Fill in your details and what support you're looking for, and we will be in touch.

If you need more information or support filling out the form, contact your Community Connectors, Danielle & Louise community.connectors@ourplacesupport.org

No longer available due to funding change

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach





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

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

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

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

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

Do you need guidance to a problem you are facing?

Would you like help to identify and set life goals?

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

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

To find out more please get in touch.

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



Free

Bring proof
of address
for first loan

Pop-up Share Shack



Wednesday 11am - 1pm



610 Community Centre,
610 Kingstanding Road,
B44 9SH

Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the 610 Community Centre

Borrow items, share ideas, skills and more at your local Share Shack - for free!

For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks



Parish Nursing
Ministries UK

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



Home visiting Podiatrist



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

Visits to Sutton & all Birmingham
In the comfort of your own home.

Over 23 years NHS experience
Same day appointments available.

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

FORGET ME NOT SING-ALONG



JOIN US

Sing-along for people with Dementia, other disabilities and anyone else who'd like to come along. 1 hour of fun, singing and socialising.



£5 PER SESSION

(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?

Every Monday starting
4th October at 1:15pm
1 Hour Session

St Johns Centre
Christ The King Church
Warren Farm Road
Kingstanding
B44 0QN

kidzlikerdanny@blueyonder.co.uk | 07544393523

[Shop](#)[Join](#)

Cold weather conundrums

We answer this month's most asked questions, from how birds stay toasty when temperatures tumble, to why you might see Blackcaps this December. Plus, try our winter bingo challenge!

[Expert Exclamations](#)

It's the last Notes on Nature of 2025, and we've a bumper issue to see you through to the New Year!

This month wildlife expert Bethany Dean reveals six winter wonders to see right now, how birds keep warm, and why you might still be seeing Blackcaps.

We'd also love you to enjoy a moment reading about some remarkable Wins for Wildlife in 2025 – none of which would be possible without your support.

Discover how many thousands of species live on RSPB nature reserves, which birds bred where for the first time ever, and the ambitious landscape-scale projects delivering for wildlife.

Together, we're helping birds bounce back, creating places where wildlife can thrive, and taking action for nature that makes a real difference.

Thank you wholeheartedly for being with us throughout the year. Wishing you a very happy festive season!



Siân Duncan
Notes on Nature editor

Which?

Best anti-scam tools from banks

Fraudsters posing as your bank invent bogus reasons for you to share personal details, provide security codes, give them remote access to your device, or transfer money to an account they control.

New tools are being launched by banks to combat these types of scams, including a new 'call checker' feature from Nationwide. We examine the [best anti-scam measures and which banks are offering them](#).

Spot the signs of a fake retailer

We regularly hear from people who paid for goods - often advertised to them on websites and social media - that either don't exist or do arrive but aren't as described or are of poor quality. Even Which? employees can fall victim. One of our clued-up colleagues paid £150 for some dresses that she never received. [Find out how to spot the warning signs](#) and what our scam experts recommend you do if something similar happens to you.

Scam ads appearing on trusted websites

Free news sites and apps are almost entirely funded by advertising. However, this system is largely automated using AI and algorithms, enabling fraudsters to exploit it and post dodgy ads on trusted websites.

Our investigation uncovered several suspicious adverts, ranging from outright scams to misleading products and fake videos. We explain what we found and the [six signs of a scam advert you need be aware of when browsing online](#).

Scam sharer tool

There's an easy way to make us aware of scams directly with our [scam sharer tool](#). Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

Which?

How to screen calls and avoid scams

You don't need extra apps or technical know-how to fight scam calls, as your smartphone already has features designed to stop them

If you own an Android, you can use Google Assistant to screen calls automatically. Similarly, iPhone users can try Apple's Call Screening feature. [Our tech expert Tom Morgan talks you through how to do this, step by step](#) – and he has tips for landlines, too.

Getting rid of a PC? Keep your data safe

If you're getting rid of an old Windows 10 computer, make sure you completely wipe your data. Otherwise, your personal files, passwords and photos could fall into the wrong hands.

[We take you through the process of resetting your Windows 10 PC](#) while keeping your files and data safe and secure – it's easier than you might think.

Password reset emails: how to tell if they're genuine

Instagram users are receiving emails from the platform telling them to reset their passwords. And because users didn't request password changes, the emails have prompted worry and confusion.

genuine. Our advice if you receive an email like this: log in to your account via the platform's official website or app and change your password that way.

Scam sharer tool

There's an easy way to make us aware of scams directly with our [scam sharer tool](#). Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

**SENIORS CLUB
PUNJABI**

Calling all 50+ Seniors near Sutton Coldfield

CUP OF TEA, GENTLE EXERCISES, HEALTH TALKS, SOCIALISING, DAY TRIPS & MORE...

EVERY MONDAY & WEDNESDAY
10am—12noon

Mondays at Methodist Church Centre, Four Oaks B74 2UU
(Buses 6, 78, 842, X3, X5)

Wednesdays at All Saints Scouting Hut, Four Oaks B74 4TR
(Buses 6, 72, 842)

ਜੀ ਆਇਆਂ ਨੂੰ

Completely FREE to attend
No registration required. Just drop-in or call
07548 006561

Brought to you by Sikhs of Sutton Coldfield
Winners of British Sikh Awards' Seva Group of the Year 2022
@SikhsOfSuttonColdfield @Sikhs_of_Sutton

SCCT
Sutton Coldfield Charitable Trust

THE BRITISH SIKH AWARDS 2022 WINNER

Please share with your family & friends

Calling all in and around Sutton Coldfield

For a full vegetarian meal and soft drinks for only £3

EVERY FIRST MONDAY OF THE MONTH

Open from 12.30 TO 2.30pm

ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT

BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!

Methodist Church Centre,
Opposite Four Oaks Train Station, B74 2UU

Please share with your family & friends

 @SikhsOfSuttonColdfield

 @Sikhs_of_Sutton

SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**

A colorful poster for a children's class. At the top, the text 'BRAND NEW BABY AND TODDLER CLASS' is written in a purple, cursive font. Below it, the title 'TEDDY TIME' is displayed in large, brown, 3D-style letters. Underneath the title, the text 'At Banners Gate Community Church' and 'Mondays 1.30 – 2.30pm' is written in purple. To the left of the text, there is an illustration of a baby in a high chair. To the right, there is an illustration of a large brown teddy bear holding a clock, with two children playing with a toy car nearby. At the bottom left, there is an illustration of two children playing with a balance scale. At the bottom right, there is an illustration of two children playing with small wooden animals. The poster also includes sections for 'FIND US AT:' with the address '125 WESTWOOD RD SUTTON COLDFIELD B73 6UH £3.50 PER CHILD' and 'WHAT WE DO:' with a list of activities: 'Music Time, Craft Activities, Sensory Play, Stories, Weekly Theme, and more'. The bottom left also has a 'MORE INFO:' section with contact details: 'For all preschool age children. No booking required. Call Beth on 07919 857 450 for further details.'

**Pregnant?
Children under four?**

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

FREE
fruit, veg, milk
and vitamins for
you and your family.
Worth up to
£8.50
per week**

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

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

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

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

* If you sign up at the first opportunity, when you are ten weeks pregnant
** If your child is under one, you'll receive two £4.25 vouchers per week.
If your child is 1-4 years old, you will receive one £4.25 voucher per week.

Healthy Start
Give your family a Healthy Start

**HEALTHY
START**

NHS

G & T party hire
AVAILABLE FOR ALL OCCASIONS

360°

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

Facebook: [Gandt party-hire](#)
 Instagram: [gandt_partyhire](#)
 Email: Gandtpartyhire@hotmail.com

Sunday running club
A RUN CLUB LIKE NO OTHER

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

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

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

Best wishes,
 Grant & Natasha



Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

- The right way to socialise
- Eye contact
- Sit and stay
- Effect of food on behaviour
- Loose lead walking
- Recall
- Building confidence
- Toilet training
- Teething
- Gate and door manners
- Understanding threshold



Classes available now in
Sutton Coldfield - Saturday afternoon



TO BOOK YOUR PLACE PLEASE CONTACT
ERICA

Text or call: - 07704 523 733
Email:- ecd23@icloud.com



Check out the QR Code for further details and reviews



RDS



BRAND NEW DANCE CLASSES IN YOUR AREA!

REPERTOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

DO YOU HAVE A CHILD THAT IS FULL OF ENERGY?
DOES YOUR CHILD LOVE DANCE & MUSIC?
WHY NOT BRING THEM ALONG TO A FUN PACKED CLASS
WITH US? BOOK YOUR FREE TASTER CLASS NOW

MORE INFORMATION

- ✓ WEEKLY REWARD INCENTIVES - STAR OF THE WEEK!
- ✓ FRESH, FUN DANCE CLASSES FOR CHILDREN AGE 3+
- ✓ WE OFFER A RANGE OF STYLES SUCH AS STREET DANCE, JAZZ, HIP HOP, BALLET AND
- ✓ REINFORCED ENVIRONMENT FOR ALL CHILDREN TO HAVE FUN AND BUILD THEIR CONFIDENCE TOO!
- ✓ ESTABLISHED DANCE SCHOOL WITH MULTIPLE CLASSES ACROSS THE MIDLANDS
- ✓ FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

WHEN?

EVERY FRIDAY
4PM - 5PM
OR
5PM - 6PM

WHERE?

BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR

CONTACT 07729477946 NOW TO RESERVE YOUR CHILD'S PLACE !



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



@PuterTutor

...Your tech problems solved

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



Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/
budgeting



Personal care/
Dressing yourself



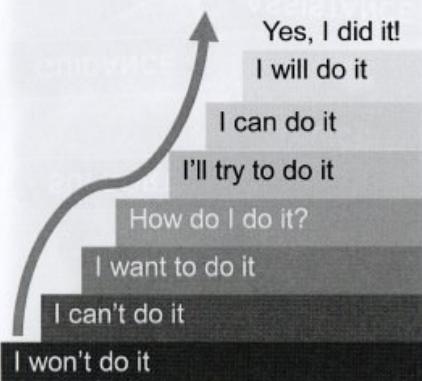
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team





developing communities, changing lives

Employability and Digital Skills Programme

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

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

Are you
unemployed
and looking
for work?

We can
help!



Scan to learn more
about our services:



www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

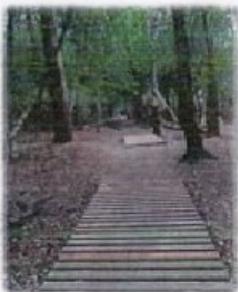
610 Kingstanding



SUN	MON	TUE	WED	THU	FRI	SAT
	<p>Birmingham Mind Women's Group 10am-2.30pm</p> <p>Ageing Well Tai Chi 11am-12pm</p> <p>Little Settlers Baby Massage (Stay, Learn & Play) 12.30-2.30pm</p> <p>Men's Cuppa Club 1-3pm</p>	<p>Dance Fit (50+) 10-11.30am</p> <p>Dog Training Group 10.30am-12.30pm</p> <p>Panthers Judo Club 6-8.30pm</p>	<p>Ageing Well Arts Group 10am-12.30pm</p> <p>Learning Disability Group 7-9pm</p> <p>BCC Junior Youth Club 4.30-6.30pm</p>	<p>Little Settlers (Stay, Learn & Play) 10am-1pm</p> <p>Ageing Well Bowls Group 10am-12.30pm</p> <p>Walking Group 10am-1pm</p> <p>Yoga 1.30-2.30pm</p> <p>Girls Club 4-5.30pm</p> <p>Sports Thursdays 5-8pm</p>	<p>Ageing Well Cuppa & Chatter 10.30am-12.30pm</p> <p>Zumba 1.30-2.30pm</p> <p>Learning Disability Group 7-9pm</p>	<p>Foodcycle 1pm (serving time)</p>



The
Cancer
Support
Centre



THE WALKING GROUP IS BACK!

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

Anyone affected by Cancer is welcome.
All abilities catered for.

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



The Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



The
Cancer
Support
Centre
A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



Suitable for all abilities and fitness levels.
For clients of the Centre. We ask for a £5 donation per session.



www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause

£25 supplies a child entering emergency accommodation with their own Buddy Bag.

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What I love about my Buddy Bag is...



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Tel: 0121 323 2070 www.fouroaksfs.com

Please note that all our telephone calls are recorded for compliance and training purposes.

Proud to support our nominated charity

buddy bag
foundation



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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



Pizza · Pasta · Steak · Fish



Bistro/Cafe Verona



SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

Contact: Colin – 07966-745741

<https://>

SCCT

Sutton Coldfield Charitable Trust

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

Pay at the Door (No Club Membership Fee) £3.00 entrance fee

Live Music, Bar, Parking, & Socialising

We look forward to seeing you to be entertained
for a great night out.



For more details, please see our Facebook Page as listed below:

<https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/>

Or Contact: Sandra on 07932-395158

SCCT

Sutton Coldfield Charitable Trust



Walking Netball Volunteers Needed

England Netball are looking for volunteers to become qualified Walking Netball Hosts in the Sutton Coldfield area. You will support the running of Walking Netball sessions for people 50+.

Contact Hope Bourton -

hope.bourton@englandnetball.co.uk

07458 106980



u3a
Sutton Coldfield

Sutton Coldfield u3a



<https://scu3a.org.uk/>

u3a learn,
laugh,
live

Who do you think you are?

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

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

Why not contact:

Sutton Coldfield U3A Genealogy Group

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

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



Trinity Photography Group

Do You Want To...

- Improve your pictures?
- Learn about studio photography?
- Go on photography walks?
- Develop your camera skills?
- Attend Social events?
- Learn about editing software?

If so... come and join us.

"TPG welcomes photographers of all ages and levels, from beginners to advanced. We encourage and support those who are new to photography."

We provide: Theme night & practical workshops, speakers, activities, competitions and social events. Above all we want to make photography enjoyable and fun"

**We meet 8-10pm every Monday at
The Royal British Legion on Rectory Road,
Sutton Coldfield, B75 7AL.**

We do have a small fee: member's £2.00/visit, non-member's £2.50/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

Affiliated to the Photographic Alliance of Great Britain through the Midland Counties Photographic Federation.



Sutton Coldfield Photography Club



The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



We meet on Friday evenings
from September to April at:

South Parade Methodist Centre
Sutton Coldfield B72 1RB



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

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



♠ ♥ North Birmingham Bridge Club ♦ ♣

338 Boldmere Road, Sutton Coldfield, B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session



Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538

♠ ♥ North Birmingham Bridge Club ♦ ♣

338 Boldmere Road, Sutton Coldfield, B73 5EU

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Quiet lanes, Non-competitive, Very sociable.

Wednesday leave 1.30pm, back about 4.30pm

Saturday leave 10.00am, back about 1.00pm

20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



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B73 6UH
£3.50 PER CHILD



MORE INFO:
For all preschool age
children.
No booking required.
Call Beth on
07729 857 450
for further details.

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We look forward to being of service to you

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

•BLAB Gel nails

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•Manicures&pedicures

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Sutton Coldfield
B74 4EU

To book in, message me

Instagram

on...

_beauty_by_ella 07825001242

Facebook

Beauty By Ella

Piano and Clarinet Tuition

Children and adults





STREETLY FLOWER ARRANGERS' CLUB



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

Our December meeting - Afternoon Tea - celebrating the Club's Emerald Anniversary was sold out.

Happy, healthy New year to you , the weather can only get better.

We had lots of people come to our January demonstration, all glad to get out after the snow . Ruth Mahon and her mother did us a super demonstration all about Places in England they

had been too, with lots of banter between them when her 90 year old Mom did a couple of designs.



Next meeting - Tues 10th February - Demonstration Linda Seabrook 'Serendipitous' - all flowers raffled at end of the afternoon.

Why not join us - we are an enthusiastic, friendly Club - visitors are always so very welcome.

Further details - Chris Reeves tel: 0122 354 6264.





STREETLY FLOWER ARRANGERS CLUB

Invite you to a

“Spring Workshop”

On

SATURDAY MARCH 14th

12 to approx. 2.30pm

LITTLE ASTON VILLAGE HALL

Little Aston Lane

Sutton Coldfield B74 3UF

ALL FLOWERS & MATERIALS SUPPLIED

£35

**Why not bring mom along for a special gift for
MOTHERS DAY**

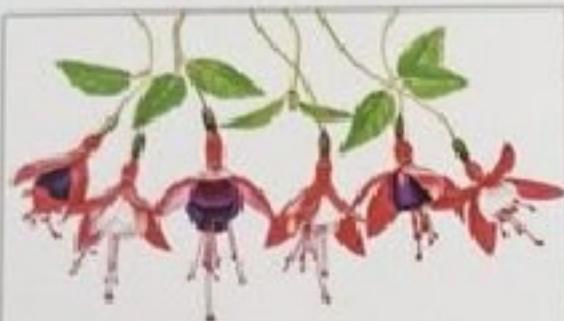
Further Details contact Barbara Collins 07428 019790

Email barbaramcollins@me.com

Includes Tea &

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

**Come and join us at
"The Royal Sutton Coldfield Fuchsia & Gardening
Guild"**



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

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' or telephone our secretary Gail on 0121 353 3373 for more information.

We meet on the 2nd Thursday of each month (excluding January) at

**Banners Gate Community Church, Westwood Rd, B73
6UH**

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

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

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

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

See photos on next page





Sutton Coldfield

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Interested in Quilting?

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Everyone will receive a warm, friendly welcome

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by

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Annual Coach Trips

Malvern Spring Quilt Show
Summer Outing to Fabric Outlet



Email: trinity.quilters@gmail.com



Sutton Coldfield Trinity Quilters

Monthly Meetings (except Aug/Dec)

2nd Tuesday 7.30pm (except Jan)

4th Wednesday 2.30pm (including Jan)

Guests Welcome

Non-members

£6 entry

Membership includes

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

Trinity Centre

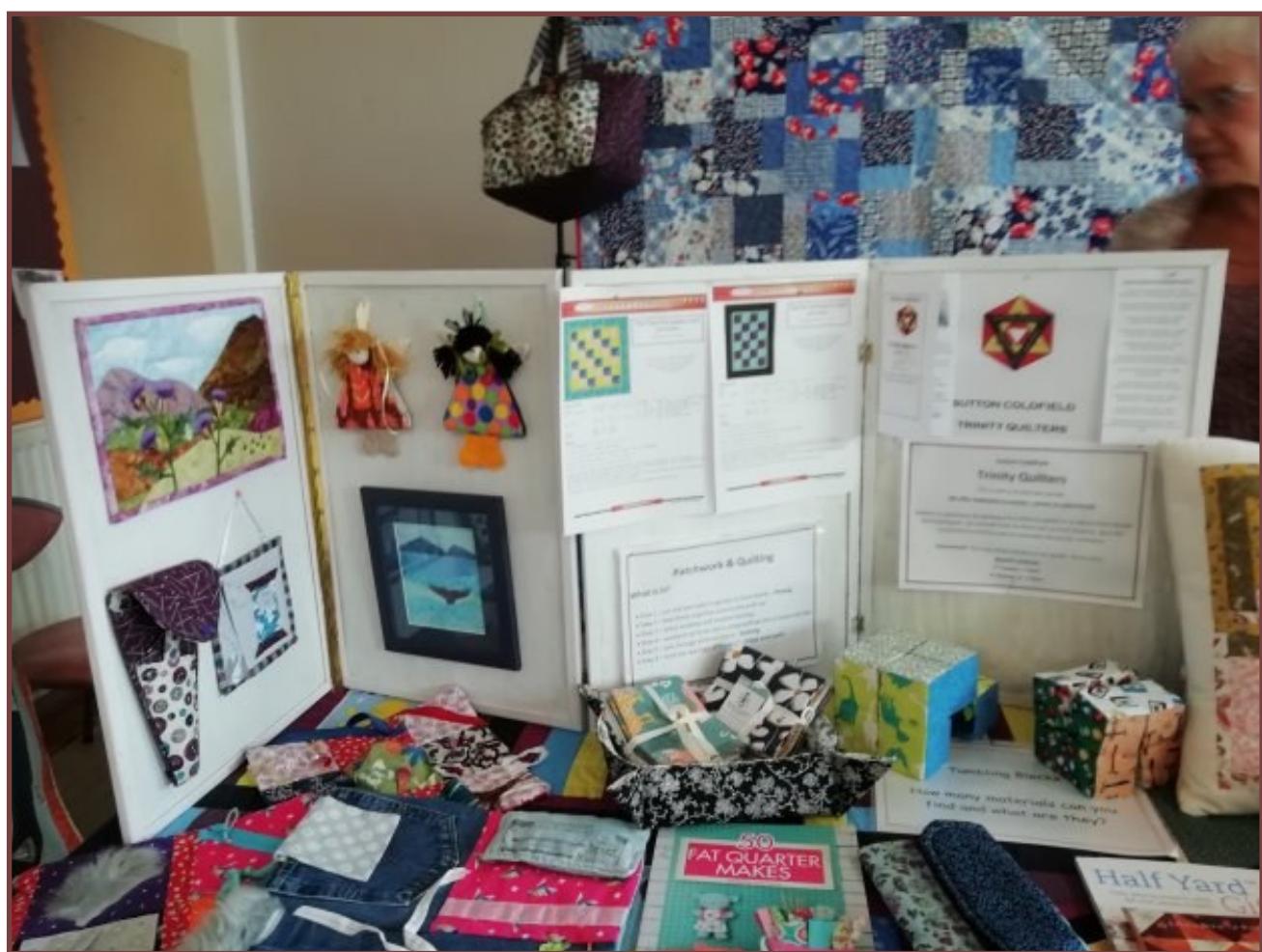
Off Mill Street

Sutton Coldfield

B72 1TF



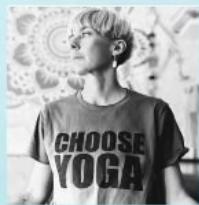
More on next page





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

SOUL YOGA



Schedule

Monday
6pm Yin
7.30pm Hatha

Tuesday
6am Rise & Shine

Thursday
9.30am Hatha

Sunday (1st of month)
7.30pm Mellow & Yoga Nidra

07963 044364



COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

Join our friendly gardening group - enjoy gentle gardening and a good chat - and help support our café.

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

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



Everyone welcome

Gardening Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield
07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



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Sutton Coldfield
B72 1QU

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www.odonatastudios.co.uk



Other Support

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

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

MoneyHelper
Advice to help improve your finances
0800 138 7777
07701 342 744 (WhatsApp)
www.moneyhelper.org.uk

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

Turn2Us
Information and financial support
0808 802 2000 | www.turn2us.org.uk
benefits-calculator.2.turn2us.org.uk

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

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

For Migrants, Asylum Seekers and Refugees

Central England Law Centre
Accredited immigration and asylum advice. Legal advice to access services and financial support
0121 227 6540
enquiries@centralenglandlc.org.uk
www.centralenglandlc.org.uk

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

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

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

About this leaflet

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

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



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

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.

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](#) [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](#)

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.

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

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](#) [4](#) [5](#) [6](#)

BIRMINGHAM SETTLEMENT

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

Help with options: [1](#) [2](#) [3](#) [4](#) [5](#) [6](#)

CITIZENS ADVICE BIRMINGHAM

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

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
www.centralenglandlc.org.uk

Help with options: [6](#)

DISABILITY RESOURCE CENTRE

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

Help with options: [1](#) [2](#) [3](#) [4](#) [5](#) [6](#)

Other Support

Stop Loan Sharks
Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222 | www.stoploansharks.co.uk
reportaloanshark@stoploansharks.co.uk

Local Energy Advice Partnership (LEAP)
Energy and money saving service
0800 060 7567 | support@applyforleap.org.uk
www.applyforleap.org.uk

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

Birmingham Mind
Providing advice, information and signposting for people affected by mental health issues
0121 262 3555 | help@birminghัammind.org
www.birminghัammind.org



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

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

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

https://link.justgiving.com/v1/charity/donate/?charityId=3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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Contact
Lisa Marie on
07765 135497



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Photography



Newborn and Family Photographer



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Instagram:
[@LottieLea.BabyPhotographer](https://www.instagram.com/LottieLea.BabyPhotographer)

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Wed 5-545pm 7-9yrs
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www.manor-crafts.co.uk



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Contact number above if interested.

Banners Gate C.C Westwood Rd B73

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

Click [here](#) for the link that takes you through the Birmingham City Council website for additional confirmation.

In Partnership with Trading Standards



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bgatepost@gmail.com

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- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

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



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



* If you sign up at the first opportunity, when you are ten weeks pregnant
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10am—12noon

Erdington Methodist Church,
Station Road

Every Tuesday

10.30am - 12.30pm
All Saints Church Centre
Belwell Lane
Four Oaks, B74 4TR

All attendees must show proof of both covid vaccinations

Every Thursday

10am - 12noon

Streetly Methodist Church
Thornhill Road
Streetly, B74 3EH

Every Monday
"Musical Memories"

2pm - 4pm
Sutton Coldfield Methodist Church
South Parade, B72 1QY

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

Friends on Fridays
10.30am - 12.30pm

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

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

07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

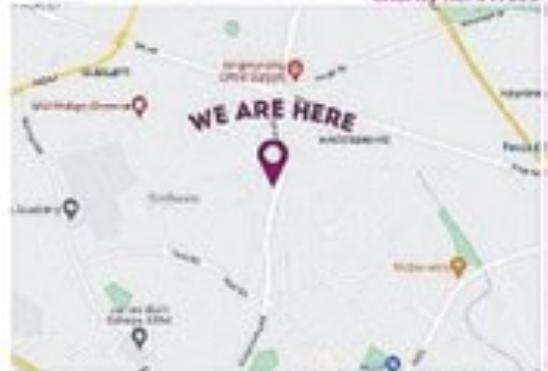
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Sutton Coldfield
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FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for 0-5years - limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

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Cafe Oasis

Monday, Tuesday,
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Find us in Sutton Coldfield United Reformed Church
Call: 07713 970096 Email: cafe.oasis@scurc.org.uk
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Pregnancy YogaLates Class

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

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

Where: Walsall Arboretum Visitor Centre steps (meet at 8.45am)

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!
Get in touch and let us know you will be coming.
5k your way: move against cancer | [@cancer5kYourWay](https://www.cancer5kyourway.org)
info@5kyourway.org | www.5kyourway.org | [@5kyourway](https://www.facebook.com/5kyourway)

Don't forget to register with us here:
www.5kyourway.org/register
And register with parkrun to get your barcode

See front page



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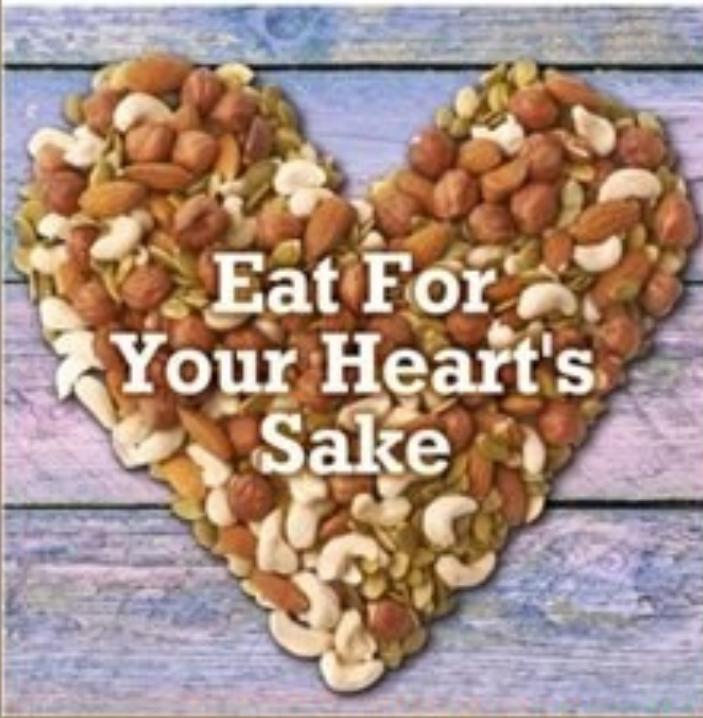
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Hall's Gardens

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Gary Hall

54,
Coppice View Road,
Sutton Coldfield, B73 6UF
07833720015

garyhall7@blueyonder.co.uk



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New Horizons Counselling Services.

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

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

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

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

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

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

The building is step-free.

For further booking information go to:
www.bannersgatecommunityassociation.org

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sallysjenkins@btinternet.com 0121 354 9941



0777 333 9214
admin@luckybuntlys.co.uk



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Banners Gate

Community Hall,

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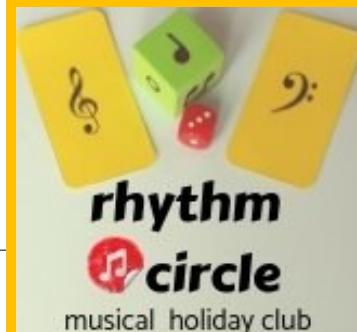
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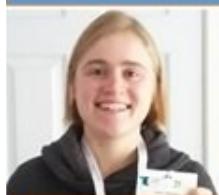
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Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

Contact email: Jenna@robotreg.co.uk for times and availability

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

<https://www.bannersgatechurch.com/>

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

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

[welcome](#)[what's on](#)[hire our hall](#)[view our hall](#)[committee](#)[contact](#)[links](#)

Welcome to Banners Gate Community Hall & Association

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

If you are looking for a venue, simply telephone our [Bookings](#) Secretary on 0751 318 4845.

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

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

If you need any information please message on 07964 213 229

Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month

The next is on 17th February - at 9.30 to noon, please note new times.

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

Useful telephone numbers

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Wednesday

Banners Gate Community hall Coffee Mornings
The next is on 17th February starting at 9.30a.m. until noon, please note new times.

BOOKING SECRETARIES:

Community Hall mobile: 075 65 54 68 21
Banners Gate CC - Nigel Willis 07711 284562
St. Columba's - Alison Jolley stcolumbahall@yahoo.com
Scout Hall - A & R Tallis 353 8166

UNIFORMED ORGANISATIONS:

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



The Townswomen's Guild

As the TG Organisation ceases to exist from 31st January 2026 it is likely that the Guild will carry on under a new name. Details will be forwarded when future is decided.

Patron HRH The Princess Royal GCVO

Thursday 15th January - Bingo, Fish & Chips
Thursday 19th February - Dr. Javad Hashemi - To be confirmed
Thurs. 18th December - Christmas Social CANCELLED
Our vibrant Guild meets on the 3rd Thursday of the month, 7.00 - 10.00 in the Westwood Hall, Banners Gate Community Church. Janice Jones 07955 65 59 10

Banners Gate Community Church

Westwood Road. B73 6UH

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

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

St Columba's Church

Coffee Morning
Every Friday of the month
10.00 - Noon
All Welcome

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

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years

Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years

Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years

Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice....has done so for 100 years....be part of the next 100

Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.



Day/Time

Mon 6.00 - 7.30pm

Tues 6.00 - 7.30pm

Thurs 5.00 - 6.00pm

Activity

39th Brownies

45th Brownies

39th Rainbows

Venue

St Columba's Hall

St Columba's Hall

St Columba's Hall

Contact

Carol Gardner

Tel

354 5873

350 7191

354 5873