



Banners Gate & Parklands Community & Neighbourhood Forum

201st February 2026

bannersgateneighbourhoodforum.com

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Rob Pocock: MORE CASH FOR LOCAL COMMUNITIES!

To follow up my Gatepost news piece last month, there is more good news now that the City Council's finances are back on track. Last month I set out the proposals for us having an independent Council Officer appointed to our Sutton Vesey Ward area. That officer would assist community groups such as the Banners Gate Neighbourhood Forum, Friends of King George V Playing Fields, The Greenway, Prince Alice Park, Friends of Banners Gate and Boldmere Park Gates, and all the users of the Banners Gate Community Hall etc - and independently help them develop local community projects.

On top of that announcement, there is more fresh good news. The 'Local Partnership Officer' of the City Council will also administer another new local neighbourhood investment scheme – this is a new community fund of £20,000 a year for our area, to help support these groups and local projects. I hope we can actually expand this fund in future.

This 'Thriving Communities Fund' is being lined up for every local ward in the city – on an equal basis, irrespective of where they are or what people live there. In Sutton Vesey we will get exactly our fair share, per head of population, as anywhere else across the City.

Once the City Council has confirmed its coming year's budget this will come into play in the new financial year from April 2026-07 and beyond. Details of how the scheme will work will be announced shortly – watch this space!

And this community fund is not all. Announced this week is a proposed huge increase in a devolved 'environment and transport' funding pot. For our Sutton Vesey area this new fund would be an additional £100,000 extra a year for 3 years, for local areas and residents to improve road safety, environmental quality, traffic problems and pollution. It's funded not from your Council Tax, but from the Clean Air Zone fees that are paid by drivers of polluting vehicles who drive into the central city clean air zone.

Again, we need to wait for a final budget decision before these funds are released.



Max Hatton: unwell, so the Community Action is his contribution this month

Sutton Vesey TOGETHER ALL YEAR EVERY YEAR Community Action



ROB • KATH • MANISH • MAX • CHARLOTTE SUTTON VESEY LABOUR FEB/MAR 2026



TOWN COUNCIL'S 17% TAX HIKE SHOCK

Sutton Vesey Ward residents are reeling after the Conservative-led Town Council slapped on a shocking **17% increase in the Council Tax Precept** for the coming year.

The decision was imposed last month despite fierce opposition from your Sutton Vesey Labour Town Councillors. **Rob Pocock** spoke out at the meeting where he described the rise as **indefensible**.

- The decision comes despite the Town Council still **hoarding £ millions cash surplus**. Your money just stuck in the bank for years, slowly losing value. **Ask why?**
- Despite promising to support Sutton Park, the Town Council has **not spent a single penny** on the Park in its 10-year existence. **Ask why?**
- They even set aside £480,000 specifically for Sutton Park improvements 5 years ago. **But absolutely none of it has been used**. Again it just sat festering in the bank. **Ask why?**



Now they are raising even more money - when they **can't even spend the money they already have!**

It is an utter scandal. But the decision was forced home by the ruling Conservative group including their Sutton Vesey candidate here.

DON'T LET THEM GET AWAY WITH IT

You have a better alternative. **Sutton Vesey's Labour Team**. The ones that **really** do work all year, every year. Not just at election time. You can see our track record inside. **25 years of action you can see.**



Community. It's you and us together.

BAKERS LANE IMPROVEMENTS

Road resurfacing completed at Sutton Oak Road junction. Plus new traffic speed signs to come, along with re-launch of Police Speedwatch.



SUPPORTING BIRMINGHAM HOSPICE

The popular new charity shop in Boldmere is funding the Birmingham Hospices. Includes the former **John Taylor Hospice** in Erdington. Also try visiting their new community café in Rookery House - another great fundraiser.



NEW PAVEMENT PARKING POWERS

The Government are giving Councils across the country powers to prevent dangerous pavement parking. Can be used in hotspots but not every road. Email with **your** views on the worst local hotspots. rob.pocock@birmingham.gov.uk

MORE SAFER STREETS PROGRESS

Kath Scott has got the new **Antrobus Road '20 mph zone in school hours'** scheme going after requests from local residents. This will give children and families enhanced safety.





John Cooper

Royal Sutton Coldfield Town Councillor

johncooper@suttoncoldfieldtowncouncil.gov.uk

As we move into meteorological spring it is a time to be grateful for the nicer weather coming our way to cheer us all up. We can view the coming months with optimism and happiness, or dread. On the positive side I view the coming opportunities for our Town with great joy rather than where we have been for too many years watching the decline of our Town under Labour Birmingham. Thanks to the careful financial management of the Town Council compared Birmingham, funds are available to spend on OUR Sutton Park, reversing years of neglect. This money will be put to good use to reverse years of Park mismanagement when a charitable Trust is formed taking the park management into a shared arrangement between the City, the Town and a national body. This is the way we can secure the future our wonderful Park, not by imposing parking charges which were rejected by 94% of residents in BCC's recent consultation.

It was interesting to learn this week that Labour Birmingham City Council (BCC) failed to get its budget passed for the coming year because not enough Labour councillors turned up at the meeting to vote it through. They have postponed it to a future meeting but the budget must be legally agreed and passed by March 11th.

Labour BCC have increased Band D Council Tax by a whopping £393 (24%) in the last three years, and since it took control of Birmingham 14 years ago it has increased it by £909 (82%). Residents are paying more under Labour, but getting less in return. Whilst Labour Councillors voted to raise our Council Tax bills they also announced the closure of three of Sutton's libraries, including the library in Boldmere which I campaigned with local residents to keep open. Along with two of the town's community centres, the libraries were saved by the Town Council. Every penny of the Town Council precept will be spent here, in our Town. The same cannot be said of Birmingham. Over the past ten years the Town Council has increased the precept by just £20 (Band D) but Labour BCC has increased its Council Tax by £864. And it is not spending it here in Sutton Coldfield.

Our future is bright remember that on 7th May and use your vote wisely.

March '26

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

Getting Things Done



Big wins for Banners Gate residents!
✓ The Greenway litter-pick (we even found a motorbike!)
✓ Monmouth Drive traffic lights fixed (again!)
✓ Alleyways cleaned on Longmoor Road & Greenway Drive



Email us: veseyward@gmail.com Follow us on Fb: VeseyNews



NDSU NEWSLETTER **WORKING TOGETHER IN** **BIRMINGHAM'S** **NEIGHBOURHOODS**

Welcome to Neighbourhood Development and Support Unit (NDSU)'s newsletter - for residents and stakeholders interested in Birmingham's vibrant voluntary sector and social economy.

Due to reduced capacity over the coming year, the NDSU newsletter and funding bulletin will now alternate (where possible) every two months. Please send an email to NDSU@birmingham.gov.uk if you would like to discuss anything mentioned in the newsletter - or if you have a suggestion for inclusion in the

FUNDING AND BEING FUNDABLE FAIR **ALEXANDER STADIUM, 25 MARCH 2026, 10AM - 3PM**



Funded by
UK Government



Birmingham
City Council



West Midlands
Combined Authority

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

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.



AFTERNOON TEA
SATURDAY 2nd MAY 2.30pm
£15.00 per person
to be paid at time of booking

Includes Pots of Tea or an Americano Coffee per person

A Selection of Sandwiches served on
 Wholemeal & White Bread

Tuna Mayo & Cucumber
 Beef & Horseradish Mayo
 Egg Mayonnaise with Peasoots
 Cheese & Pickle

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

communittea cafe
 part of Age Concern Birmingham



communittea cafe
What's On

March 2026

Opening Times

Monday to Saturday 8:30am - 4pm

MaRCh

76/78 Boldmere Road, Boldmere, B73 5TJ

Call us on 0121 630 2462 or email us

communittea@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 Communittea 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 March 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 2nd May Only
 Enjoy our afternoon tea with friends or loved ones for just £15 per head. Booking essential.

AGE concern

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

community cafe

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.



Sutton Coldfield Family Hub at Holland House Children's Centre

Holland House Children's Centre

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

Limited parking is
Pay and Display

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

Car park available

Falcon Lodge Methodist Church

Newdigate Road, B75 7ER

Street parking only



In association with
Spurgeons



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
Spurgeons





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.

Give them the best IntroDUCKtion to swimming

Puddle Ducks

Swimming Lessons for Babies & Children 0 - 4 Years

Join us now for a **FREE Trial** *T&Cs apply

Let your child's first introduction to water be in the best environment to help them thrive. Parents who trust us for swimming lessons see the Puddle Ducks difference in their child.

Scan here for our pools & classes

Birth to 9 months

We are **Floaties**

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

6 to 15 months

We are **Splashers**

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

15 to 30 months

We are **Kickers**

Attempting first independent swim. Many learning outcomes are centred around personal survival, demonstrated through experiences like our Pyjama Week. Activities are adapted to your child and the focus is on encouragement and empowerment, never forcing and never undermining.

From 30 months

We are **Little Dippers**

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

See the Puddle Ducks difference in your child

Swimming lessons aren't just about being safe and happy in water. With the right teacher your little one can learn skills that will set them up for life; listening, talking, socialising, sharing, taking turns and making friends.

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

What's the difference?

- Creating the right environment to bond
- Laying the foundation of essential life skills
- Early development of communication and coordination
- Watching your child thrive in and outside of the pool
- Shaping their future from the start.

You can start their swimming journey now!

Classes across Birmingham & Solihull. Jump right in at puddleducks.com

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birmingham@puddleducks.com

We're a proud member of the Swimming Teachers' Association

compass FOSTERING

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

Anji and Andrew's Story

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

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

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

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

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

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

Scan the QR code to request some more info.



Cost of Living 1965 to now 2026

As a sequel to my article in the last edition of Gatepost ; “ **Motoring the Good Old Days**”.

I thought it might be interesting to look at the cost of living in 1965 compared to today.

Inflation and the value of the pound are the main reasons for price rises but increases in wages and salaries over the years have tended to keep pace with rising costs.

Many of the 1960's basics are more expensive today but most groceries are the same if not cheaper.

In 1965 wages were £750-£1000 /year, average salary today is about £40,000/year.

Some things such as buying a house are very much dearer. Average house price in 1965 was £3300 (equivalent to about £40,000 today). The average house price in 2025 was £273,000!

Newspapers were 2.5d-5d (1-2p).

Post; 2nd 4d (2p), 1st 5d (2.5p), (now 87p/£1.70). Unfortunately (or fortunately because of the huge rise in the cost of postage) letter writing appears to be a thing of the past with the increased use of eMail and the internet. The post was delivered every day except Sundays and you got to know your Postman/Postwoman.

Buying a TV Set in 1965 was expensive, the average set cost about £ 280 (equivalent to £3200 today). Most people rented their TV Sets at £1-£2 per week.

Grocery prices are interesting; Bread then 7.5p/loaf now £1.50, Butter 8-10p, £1.98.; Eggs (dozen) 17-20p, £3.80. Baked Beans 4-8p, £0.42. Cornflakes 9p, £2.29. Sugar 8p, £1.09. Milk 4pts 14p, now £1.65.

In those days the milk was delivered in glass bottles by a milkman or woman doing their rounds. He or she arrived much the same time everyday, come rain or shine and they became a “ friend “ to many people. Today most people buy their milk at a supermarket in cartons/plastic bottles of either 2/4/6 litres.

The major change in costs/prices took place on the 19th November 1967 when Prime Minister, Harold Wilson devalued the pound by 14.3%. He used the famous phrase “The pound in your pocket”. The devaluation immediately led to increased costs for imported goods and consequently an increase in inflation.

Matters were made worse by a further devaluation by James Callaghan in 1976.

We have lost the daily contact from the Milkman/Postman and other regular visitors. For many people this was their only link with the outside world.

Nowadays we enjoy more goods exotic foods, holidays etc but are things better than the “ Good Old Days ?”

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.

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"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

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King's Road, Sutton Coldfield

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0121 354 4629**

Scan the QR code to book online:

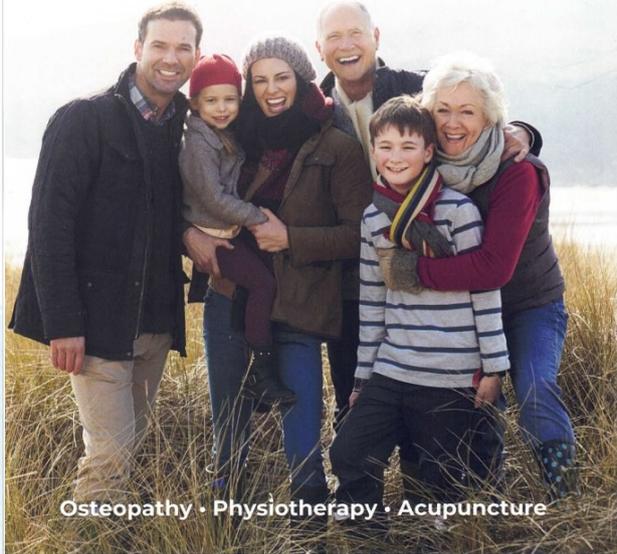


Or visit our website:
www.clusker.co.uk

BAC

Backcare & Acupuncture Clinic

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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
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for more info go to

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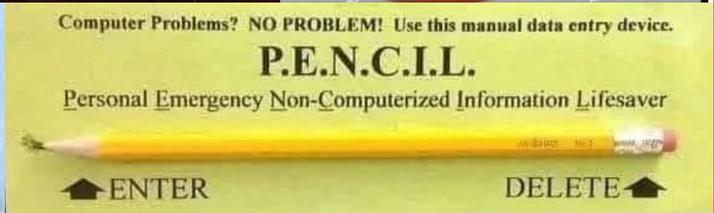
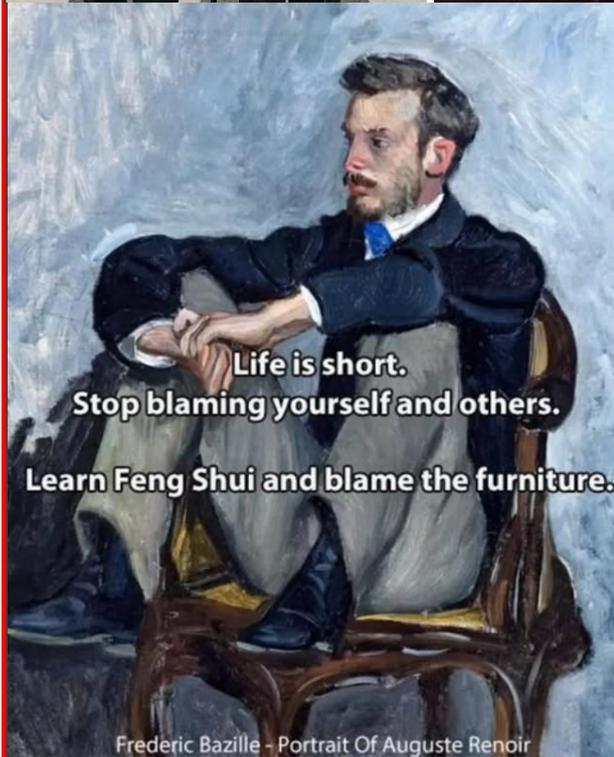
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Registered address: Unit 2 Lauriston Business Park, Pitchill, Salford Priors, Warwickshire, WR11 8SN

Cartoons from Chris. Thank you Chris W

Jellyfish have survived 650 million years, despite not having a brain. This gives so many people hope.



Some people may call it 'multitasking'. 🧑‍💻
Me? I call it 'doing something else until I remember what the hell I was going to do in the first place'. 😊



I was rudely woken at 2am this morning by 3 Man Utd fans playing football with a hedgehog outside my window. I was outraged and shocked. I was just about to ring the RSPCA when the hedgehog went 1-0 up

When Lord Nelson died he was 5 feet tall. His statue in London is 15 feet tall. That's Horatio of 3:1.

Here's your quiz - some hard, but you may disagree!

1. What is the medical name for the WIND-PIPE?
2. Who was known as the "Demon Barber of Fleet Street"?
3. What was Jason Donovan's only number one in the nineties?
4. What was the name of the animated band formed by Blur front man Damon Albarn?
5. Which castle in Gwent is the second largest in Britain?
6. Which other time lord features regularly in Doctor Who?
7. Who wrote the book "Paddington Bear and the Christmas Surprise"?
8. What invention did Alexander Graham Bell patent in 1876?
9. In which ship did Francis Drake sail around the World?
10. What type of fish is a Sockeye?
11. Which is the closest French port to England?
12. In the nursery rhyme, who called for his pipe in the middle of the night?
13. Which of Henry VIII's wives survived him?
14. What colour are the gondolas in Venice painted?
15. Who composed "The New World Symphony"?
16. What is the capital and largest city in Denmark?
17. Which African fly transmits Sleeping Sickness?
18. 2004 - Who became Chelsea FC manager for the first time in June?
19. Who took "Crocodile Rock" to the US top spot in 1973?
20. What are the four weeks leading up to Christmas called?

Answers

*1. Trachea 2. Sweeney Todd 3. Any Dream Will Do 4. Gorillaz 5. Caerphilly 6. The Master.
7. Michael Bond 8. The telephone 9. The Golden Hind 10. Salmon 11. Galais 12. Old King Cole.
13. Catherine Parr 14. Black 15. Dvorak 16. Copenhagen 17. Tsetse 18. Jose Mourinho 19. Elton
John 20. Advent*

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 Goretta 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 yellow, hinged
piece of plastic found
in a sewing kit:**



1

**This spring-shaped
piece of metal with a
pointy tip:**



2

**This wooden
thing with a
particle board
"blade" and
hollow drum
found in a thrift
store in
Pennsylvania:**



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 used to attach jeans buttons. The button goes on one side, and the rivet pointy thing goes on the other, and you snap them together."

2.



3. That's a [Tremulant](#) (aka vox humana) for an old reed organ. Here's a [photo of it installed in the organ](#), and [here's another example of one \(same brand as yours\)](#). And you can see one in action [here](#) (demo with the vox humana off first, then with it turned on).

Things to see in Scotland

Head south to the Scottish Borders where you'll be met by rolling hills, lush landscapes, and plenty of abbeys to visit. The four best known abbeys in the region are Jedburgh, Melrose, Dryburgh and Kelso. These magnificent ruins date back to the 12th century and tell fascinating tales and stories of when Scotland suffered attacks from the English, times of rebuilding, and when monks journeyed to the Scottish Borders to establish the abbeys and practice their religion. Melrose Abbey is the best preserved and most well-known, with the ruins widely considered to be some of the most beautiful in the UK. Dryburgh Abbey is located on the banks of the River Tweed and is considered the most evocative ruin in Scotland. Did you know Sir Walter Scott is buried here? Kelso Abbey is the oldest and the wealthiest of the four abbeys and is a main attraction of the town. Jedburgh is a grand Augustinian abbey and tells the tales of King David I, Alexander II, alongside incredible architectural features. Did you know you can visit these ruins along the [4 Abbeys Cycling Route](#)?



Scotland is no stranger to immaculate gardens and parks. In the capital, you may have heard of the Royal Botanic Garden Edinburgh, but did you know about the Benmore, Logan, and Dawyck Botanic Gardens? In Dunoon, Benmore Botanic Garden is a haven for towering redwoods that line grassy avenues, alongside exotic plant species and collections of trees, all backed by dramatic scenery. In the Scottish Borders, Dawyck Botanic Garden is one of the world's finest arboreta and well-known for its seasonal displays of plant life. With over 65 acres of woodland, carpets of snowdrops and bluebells, and colourful displays, you'll have plenty to do. Logan Botanic Garden is located on the southernmost tip of Scotland, near Stranraer in Dumfries & Galloway. Thanks to the warmer weather and climate here, exotic plants from around the world can thrive in these gardens, with palm trees, ferns, eucalyptus, giant gunneras and more.

Nestled in the Dundee & Angus countryside, Glamis Castle is home to over six centuries of Scottish history, heritage and tales, alongside impressive gardens and grounds that encapsulate the castle. Featuring a long avenue with towering trees lining either side, it's a dramatic entrance to the castle. Once you're here you can see why Glamis was used as the dramatic backdrop in the 2015 adaptation of Shakespeare's *Macbeth*, with stone walls, turrets, battlements and more. Delve into the centuries of history, explore the castle and grounds, get involved in the eclectic events calendar, and stop by the castle kitchen for some delicious seasonal and locally sourced food.



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.

Tech Giant

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Free screen protector with any screen replacement!

OUR SERVICES

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



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15%
OFF
WITH THIS
LEAFLET



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.

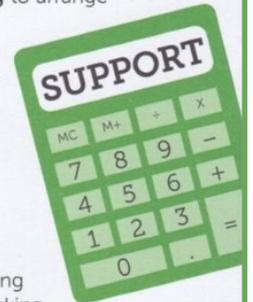
Call our Helpline for free on **0800 319 6789** (Monday to Friday, 8.30am to 5.30pm) quoting 'Free Guide 468', or email helpline@independentage.org to arrange a benefits check.

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)

11-006-329-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



NW110022

Sutton Cottage Redevelopment Plans

NHS

Extensive refurbishment

Integrated health service

Wellbeing hub for older adults

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

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

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.

• Supportive • Honest • Innovative • Credible

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.

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.

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.

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 caregivers 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 Lifer 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 through 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**

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

£3 suggested donation

To book please email:

info@squarepegactivities.org



**SQUARE PEG
Activities**

Where square pegs fit in

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

The GATE

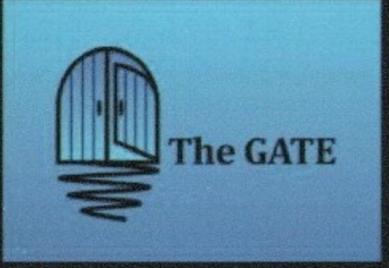
Youth Club

Regular activities include:

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

Fridays 7.30-9pm term time starts
7th March 2025
Ages 11-16

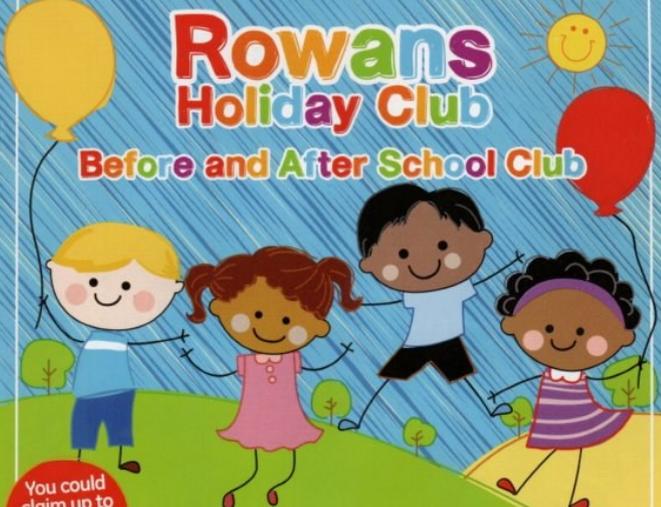
Banners Gate Community Church
 Westwood Road
 Email: bannersgatechurch@gmail.com



Your children will never be bored at

Rowans Holiday Club

Before and After School Club



You could claim up to 70% on tax credit (TSCC 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 Church Hall, Banners Gate Road, Sutton Coldfield B73 6TX (Opposite the Banners Gate entrance to Sutton Park)

Ofsted raising standards improving lives
 "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

Birmingham
ageUK

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 Becky 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.

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



Slimming World
taste the freedom

FREE membership
when you lose a stone in 12 weeks
eat out and lose weight!

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

[slimmingworld.co.uk](https://www.slimmingworld.co.uk)



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



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.

New Oscott Village Gym

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



Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk



ExtraCare
Charitable Trust

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

NHS
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

In Partnership with
creative SUPPORT
ForwardThinking Birmingham

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

mind | Birmingham
for better mental health

NHS
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

In Partnership with
creative SUPPORT
ForwardThinking Birmingham

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

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 | **All Saints' Church Centre**
Banners Gate Road/ | **Belwell Lane, Four Oaks,**
Chester Road North | **Sutton Coldfield B74 4TR**
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

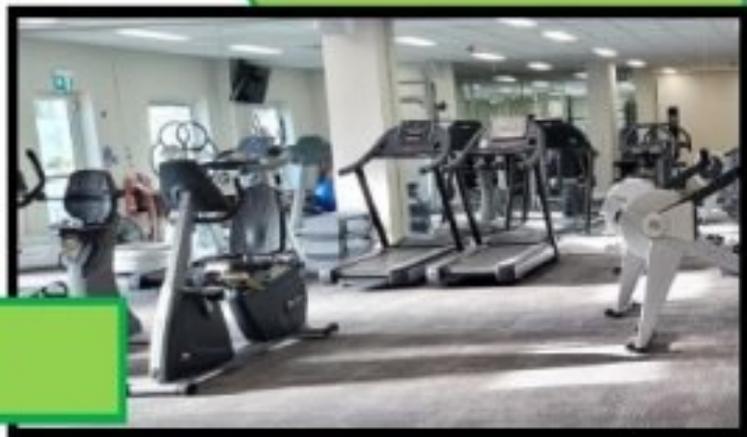
New Oscott Village **SPECIAL SUMMER OFFER!**

*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, Fossey Drive, Chester Road, B23 5LD



**SUTTON
COLDFIELD
UNITED
REFORMED
CHURCH**

Sharing the love of God through Worship and Friendship

All Welcome

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

Birmingham City Council

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**

FOCUS Birmingham



The United Reformed Church

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

Carers Support Group

SUTTON COLDFIELD UNITED REFORMED CHURCH

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



2 Course Hot Meal £2

Free Massages

All Welcome

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

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

Reengage

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377)
visit www.reengage.org.uk for more information

Please Bring Donations to:

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



Urgent!
Food Donations Needed!
Now!

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

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



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

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

Scan me to find your nearest location and sign up!



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

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

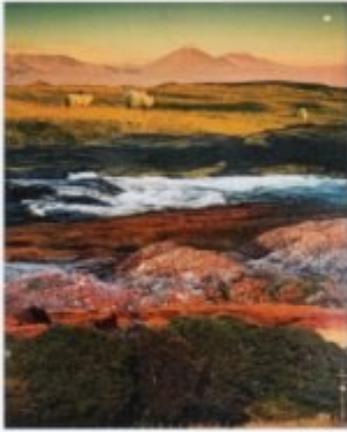
Contact
falconlodge@foodcycle.org.uk

Family Friendly
Yes

Accessibility - Disabled Toilet
Yes

Accessibility - Disabled Parking
Yes

Accessibility - Flat
Yes



Are you interested in Art?

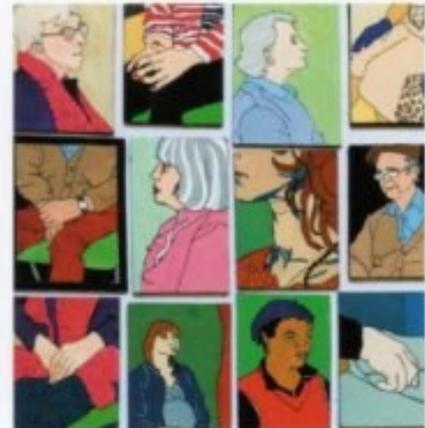
The SCSA was set up over 70 years ago with the primary aim to promote and encourage art in Sutton Coldfield. We hold regular meetings from demonstrations and practical art sessions, to sketching days out in the summer, as well as exhibitions twice a year.

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!



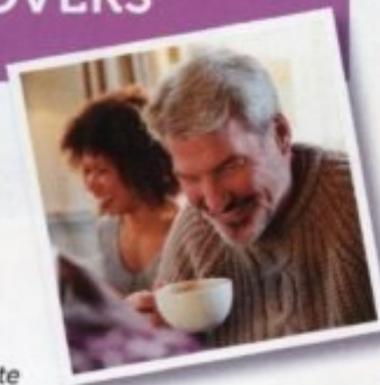
"The comprehensive introduction to a wide range of techniques means everyone can find their medium"
Gerry, Burford Branch



"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.



**Walfinch**
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.



WHAT WE DO :

- We'll provide a DBS check if you don't have one already.
- Safeguarding training provided
- Autism Awareness training provided

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 171 954

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.



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





SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD NHS

SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**

AGE Concern
Birmingham

Compass Support
Part of The Pioneer Group

**MY NNS
HANDBOOK:**

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

GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD NHS

<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

Women's Aid in Birmingham
Standing together to live free from violence, abuse and



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.



EASY LIVING MOBILITY®



EASY LIVING MOBILITY®

Louise Pugh
Store Manager

0121 350 7415
lylde.green@easylivingmobility.co.uk
www.easylivingmobility.co.uk
167 Sutton Road, Sutton Coldfield, Birmingham, B23 5TN

LIVE EVERY MOMENT

Stay in your home forever



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



FREE DELIVERY
ON ORDERS
OVER £100

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

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

ARE YOU ELIGIBLE?

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

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



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





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



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

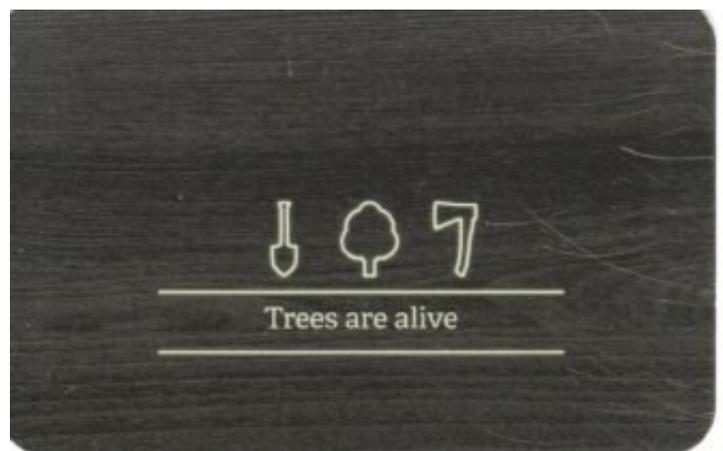


Be kind to yourself or someone you love

**Call Hayley G
07946 740910**

Mobile Experienced & Professionally-Trained Reflexologist & Therapist

Gift vouchers available now
(Discounts for Carers!)





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](#))

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



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@cinnamoccc.com to reserve your space.

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY
www.cinnamoccc.com/suttonparkgrange

CINEMA TICKET

TOP 20 CARE HOME GROUP



SUTTON PARK GRANGE
CINNAMON LUXURY CARE

TAKE A PERSONALISED TOUR
BOOK TODAY

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@cinnamoccc.com to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY
www.cinnamoccc.com/suttonparkgrange

TOP 20 CARE HOME GROUP



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

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

Trusted to care. 

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

care UK 



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!

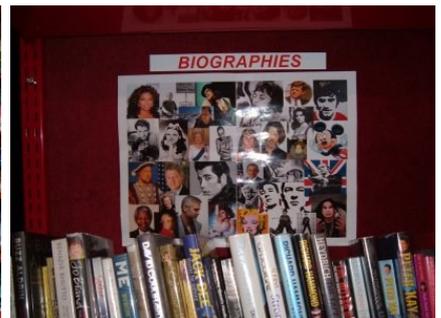
For more information, please use one of the methods detailed below -

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

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!



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

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

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!



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

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





HelpinBrum

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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

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

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

The services at each space will vary but may include:

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

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

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

Benefits and Money Advice:

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

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

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

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

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.)

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.bsaid.org

Shelter

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

The Active Wellbeing Society

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

The Refugee and Migrant Centre

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

Spitfire Services

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

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.

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



FREE first aid sessions in your local area

For more information visit www.sja.org.uk



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



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

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



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: advice@ourplacesupport.org
www.ourplacesupport.org
Facebook, Twitter, Instagram @OurPlaceSupport



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



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.

No longer available due to funding change



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

No longer available due to funding change



Let your inner beauty emerge

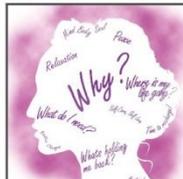
Heal & Transform

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

Share Shack by active communities | SPORT ENGLAND | active communities | The Active Wellbeing Society



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 11:5pm
1 Hour Session

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

kidzlikedanny@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.

ew 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.

ur 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.

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ

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

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

THE BRITISH SIKH AWARDS 2022 WINNER

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ

Sanjha Chulha a Punjabi Luncheon Group

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

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm

FIND US AT:
125 WESTWOOD RD
SUTTON COLDFIELD
B73 6UH
£3.50 PER CHILD

WHAT WE DO:
Music Time,
Craft Activities,
Sensory Play,
Stories,
Weekly Theme,
and more

MORE INFO:
For all preschool age children.
No booking required.
Call Beth on
07719 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).

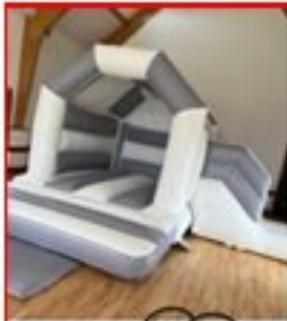
You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.

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

Healthy Start
Give your family a Healthy Start

* 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.

Birmingham City Council HEALTHY START NHS



G & T
party hire

AVAILABLE FOR ALL OCCASIONS



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

PRICE £5 PER CHILD

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

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR

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
- ✓ A SUPPORTIVE 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

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



@PuterTutor

...Your tech problems solved

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



birmingham settlement



developing communities, changing lives

Are you unemployed and looking for work?

We can help!

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: 517203

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>

www.birminghamsettlement.org.uk

Registered Charity: 517303

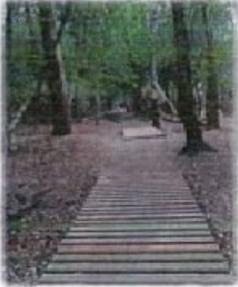


THE WALKING GROUP IS BACK!

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

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

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



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



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](#)



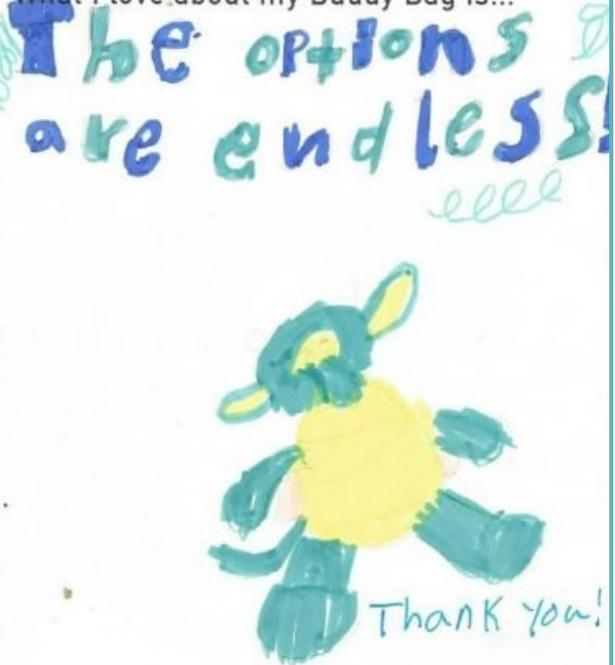
100% of money donated goes to the cause
 £25 supplies a child entering emergency accommodation with their own Buddy Bag.

Recipient of The Queen's Award for Voluntary Services in June 2022 to recognise the outstanding work by all of our

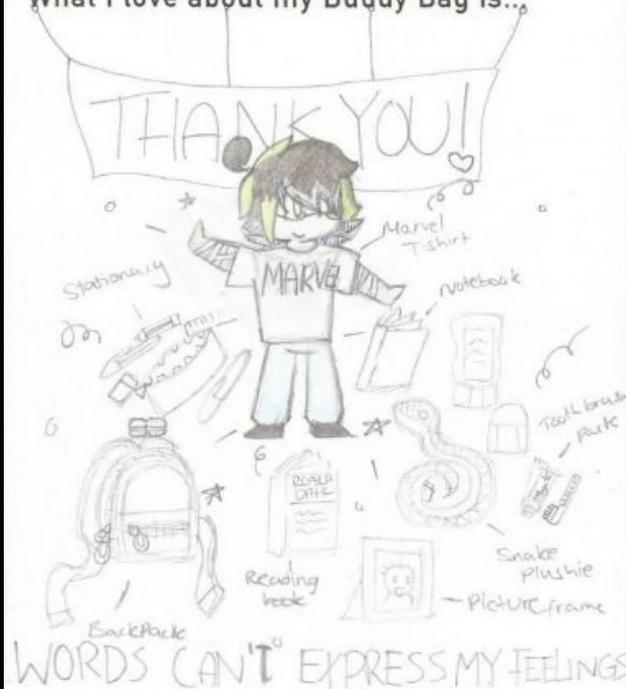
What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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



Four Oaks Financial Services Ltd, 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX

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**



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

Registered in England and Wales, Registered Number 4814506
 Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX.

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

NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

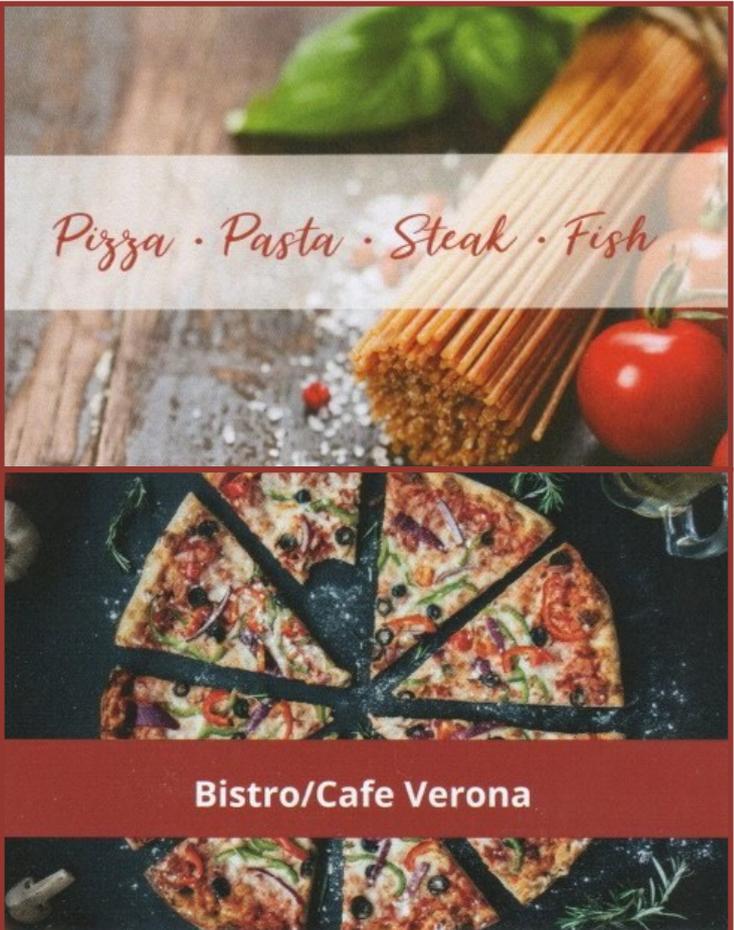
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



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://](https://www.facebook.com/SuttonColdfieldJazzClub)

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

We need you!

your help means a lot!

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

htl <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 £7.50/visit, non-member's £12.50/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

CYCLE WITH US

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

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



FIND US AT:
125 WESTWOOD RD
SUTTON COLDFIELD
B73 6UH
£3.50 PER CHILD



WHAT WE DO:
Music Time,
Craft Activities,
Sensory Play,
Stories,
Weekly Theme,
and more



MORE INFO:
For all preschool age children.
No booking required.
Call Beth on
07959 857 450
for further details.



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www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre
Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

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- BIAB Gel nails
 - Gel toes
 - Manicures&pedicures
 - Gel extensions
- Based at...
The Luna Lounge
Sutton Coldfield
B74 4EU



To book in, message me

Instagram on... Facebook
_beauty_by_ella 07825001242 Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



We meet monthly second Tuesday 2.15pm All Saints Church Hall, Foley Rd East, Streetly B74 3EX. Next meeting Tues 10th March - Workshop with Elaine Hall.

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

Further details: Chris Reeves 0121 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

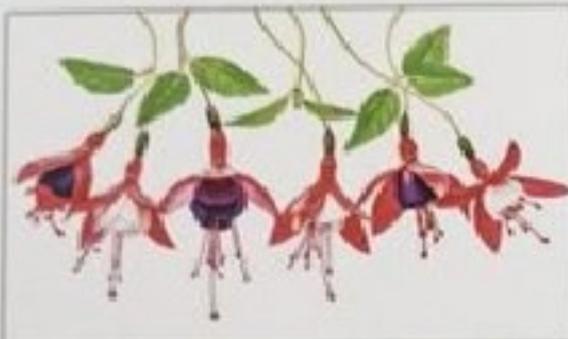
Email barbaramcollins@me.com

Includes Tea &

Cake

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
Trinity Quilters



Interested in Quilting?

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

Everyone will receive a warm, friendly welcome

Join us for Quilting Inspired.....

Talks, Demonstrations, Workshops
by
Professional Quilters & Textile Artists

Annual Coach Trips

Malvern Spring Quilt Show
Summer Outing to Fabric Outlet

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



Email: trinity.quilters@gmail.com

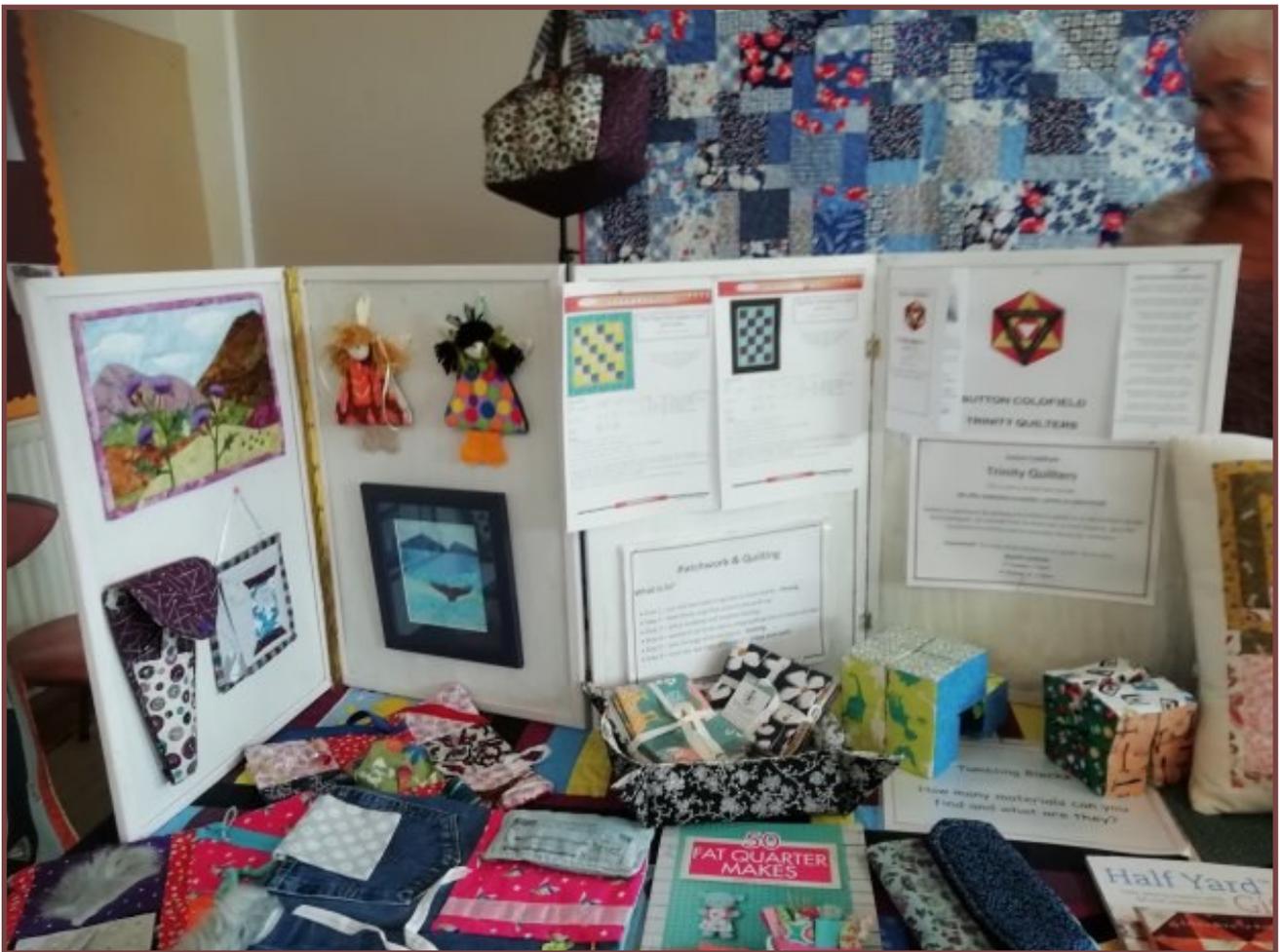


Sutton Coldfield Trinity Quilters

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 enroll before your first visit.

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzu Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



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Facebook: @angelbeadsuk

Instagram: angelbeadsltd



18 Beeches Drive, Birmingham B24 0DU
redogihandmade@gmail.com
07305 564 108



Other Support

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

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
listenandconnect@theaws.org
www.theaws.co.uk/listen-connect

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre
Accredited immigration and asylum advice. Legal advice to access services and financial support
0121 227 6540
enquiries@centrallenglandlc.org.uk
www.centrallenglandlc.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: 0808 8010 503
ASCorrespondence@migranhelpuk.org
www.migranhelpuk.org (Webchat available)

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

About this leaflet

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

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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

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.

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 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.cabnet.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@castlevalle.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@centrallenglandlc.org.uk
www.centrallenglandlc.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 6

CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty
0800 328 0006
www.capuk.org

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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

NOSTALGIC

Join us for a musical walk down memory lane
All your oldtime favourites



Last Thursday of every month
Sutton Coldfield Town Hall
1.00pm until 3.30pm
£3.00 entry Raffle £1.00
Refreshments available



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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Instagram: @LottieLea.BabyPhotographer

KIDS & ADULTS

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Wed 6-7pm 10yrs +
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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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Age concern no longer have their: **Our Trusted Tradesperson Scheme has the right trade, whatever you job. From builders to plumbers and electricians all of our tradespeople are vetted, DBS checked and working to current guidelines.**

But you could try the [NO ROGUE TRADERS HERE](#) scheme run by many councils, including Birmingham.

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

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



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Phone no. 0121 386 2639

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

Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

Instagram: [onlyrosiescakes](https://www.instagram.com/onlyrosiescakes)

Email: rosie_p25@hotmail.co.uk



Norbury Maintenance

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

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



Memory Cafes

Do you know someone living with memory loss?

Every Monday
10am—12noon

Erdington Methodist Church,
Station Road

Every Monday
"Musical Memories"
2pm - 4pm
Sutton Coldfield Methodist Church
South Parade, B72 1QY

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

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.

All attendees must show proof of both covid vaccinations

Every Thursday
10am - 12noon
Streetly Methodist Church
Thornhill Road
Streetly, B74 3EH

"Friends on Fridays"
10.30am - 12.30pm
Supported by
Sutton Coldfield Methodist Church,
South Parade, B72 1QY

To book your place at any of our cafes or for further information please contact Sue
07422 406168
sue.bevington@suttoncoldfield.homeinstead.co.uk

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

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:

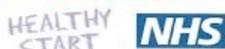
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

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

Healthy Start
Give your family a Healthy Start

* 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.

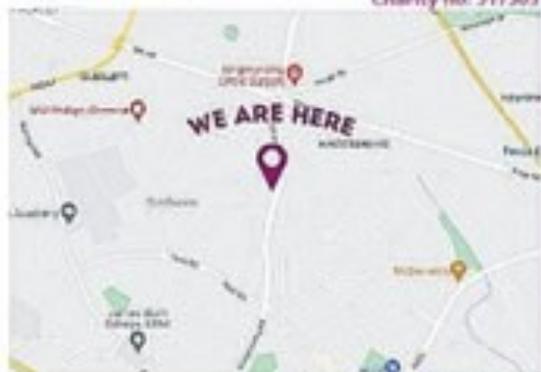




FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022. 12.30pm – 2.00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for 0-5years – limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
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See below for meeting point and time.

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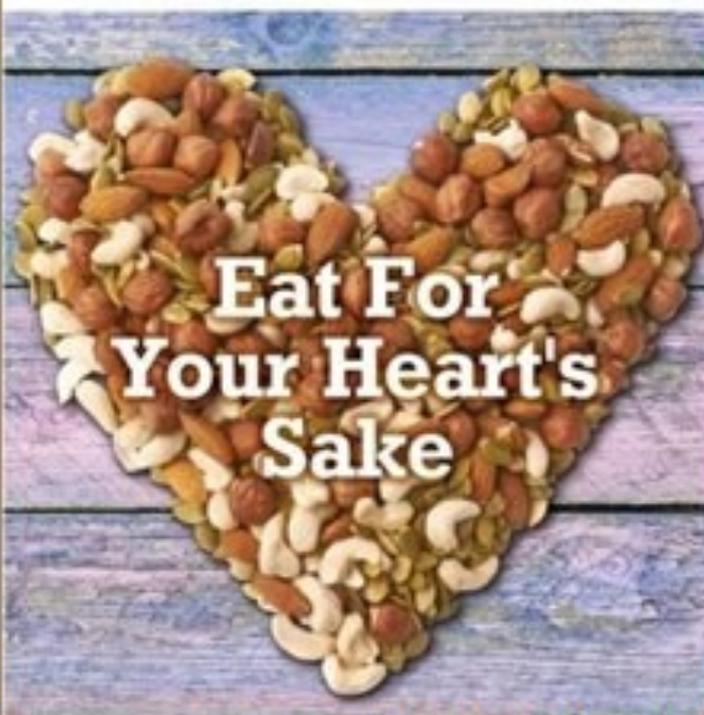
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Banners Gate Community Hall Coffee Mornings.
The next is on 17th March and will be from 9.30 a.m. to noon - note new times.

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If you would like to know about our service ring the number above

Or visit our web site www.newhorizonscounselling.org.

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

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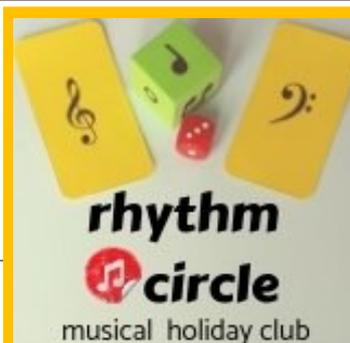
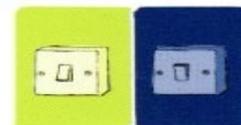
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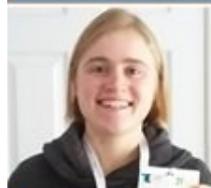
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st.columbahall@yahoo.com

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!



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[what's on](#)

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

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Sutton and Kingstanding
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**Banners Gate
Community hall
Coffee Mornings
The next is on
17th March 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 st.columbahall@yahoo.com
Scout Hall - A & R Talliss 353 8166

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

 **The Townswomen's Guild**
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

Thurs. 19th March - AGM "Guild Future". Kevin Reynolds - Love & War.
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,
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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
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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	Activity	Venue	Contact	Tel
Mon 6.00 - 7.30pm	39th Brownies	St Columba's Hall		354 5873
Tues 6.00 - 7.30pm	45th Brownies	St Columba's Hall	Carol Gardner	350 7191
Thurs 5.00 - 6.00pm	39th Rainbows	St Columba's Hall		354 5873