



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

**203<sup>rd</sup> April 2026**

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

If you want **Gatepost** emailed to you, including cartoons and puzzles, in full colour, wherever you live, **free of charge**, every month, please send an **email to [bgatepost@gmail.com](mailto:bgatepost@gmail.com)** with "*Email Gatepost*" in the subject line. You can cancel at any time by email with "*Stop Gatepost*" in the subject line. You can also access Gatepost and the Supplement by searching for **Gatepost Newsletter** in your search engine, clicking on **Gatepost, Forum Newsletter** and scrolling down to Gatepost or Gatepost Supplement.

## **Updated items**

**Trains from Alan Ledger on pages 34, 35, 36.**

**Sutton Coldfield Neighbourhood Network Scheme  
February Newsletter on pages 57 - 62**

**What's On at Theatres on pages 63 - 72**

### **New look Gatepost**

As and from April's edition there will be a rearrangement of Gatepost content.

Most of Gatepost and the Supplement is static, that is, little changes each month. I have therefore decided to extract the items that do change from month to month and put them in the 40+ pages printed edition.

I will leave Gatepost and the Supplement on the internet because I have been thanked several times for leaving, for example, adverts for treatment of dementia when a relative is diagnosed and the associated advert was remembered and looked up.

# Happy Friday!

Coffee Morning At St Columba's  
Church Hall every Friday 10.00-12.00

Travel by car? There's plenty of car parking.  
Or come by bus, the no. 77 stops right outside!  
Everyone is welcome for friendly chat, hot drinks, and  
cake.



## Building Healthier Lives

A journey through women's health  
- fertility, menopause and beyond



**24 April, 12pm-1.30pm**

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

Limited parking is available on  
site and light refreshments will be  
provided.

**Expert-led health talks delivered by Good Hope Hospital  
in partnership with Royal Sutton Coldfield Town Council**

### Presenters:

**Dr Liz Howland**, UHB Deputy Chief Medical Officer,  
Consultant Obstetrician and Gynaecologist, who will  
focus on fertility and pre-pregnancy optimisation.

**Dr Pratima Gupta**, Medical Director at Solihull  
Hospital and Community Services, Consultant  
Obstetrician and Gynaecologist, who will discuss  
menopause: the acute symptoms and long-term  
effects on health, and lifestyle changes which may  
help after menopause.



To confirm your place please email us at  
[members@uhb.nhs.uk](mailto:members@uhb.nhs.uk) or 0121 663 1765





### Services We offer:

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

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

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



### OUR 6 WEEK COURSE COVERS:

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

### GET IN CONTACT:

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

Call Sarah on 07407 473 735 for more details.

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



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rdac



## freedom to move

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

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

See next page

## driving assessments

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

Types of driving assessments:

- Car
- Motorbike
- HGV, LGV, PSV



Scan for more information

## passenger assessments

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

Types of passenger assessments:

- Vehicle access
- Equipment loading
- Try b4u Fly



Scan for more information

## powered wheelchair and mobility scooters

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

How we can support you:

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



Scan for more information

## paediatric assessments

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

Types of paediatric assessments:

- Car seat assessment
- Bugzi assessment



Scan for more information

## driving school

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

Needs we support:

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



Scan for more information

rdac

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

T 0300 300 2240 E info@rdac.co.uk W rdac.co.uk

Registered Charity No. 1122214

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



2025

# Christmas at Holy Trinity

FREE ADMISSION

## Carols by Candlelight

Sun 21st December at 6.30pm

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

## Other Advent and Christmas Services

ALL FREE ADMISSION

### A Merry Messy Christmas

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

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



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

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

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

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

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

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

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

Join us for Holy Communion as we celebrate the joyful arrival of Jesus on Christmas Day!

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

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

# Become a Friend of Holy Trinity



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

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

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

A number of membership subscriptions are available

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

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



### CONTACT US

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

Tel: 0121 321 1144

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

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

Patron: Rt Hon Sir Andrew Mitchell MP KCMG.

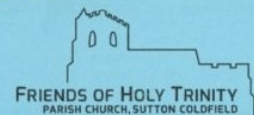
Holy Trinity Parish Church is a Registered Charity - No. 1133764.



# HOLY TRINITY PARISH CHURCH ROYAL SUTTON COLDFIELD

## CONCERTS AND EVENTS

2025-2026



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

# Welcome

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

TICKETS FOR ALL CONCERTS:

ADULT	£20
UNDER 18	£5
FAMILY	£45

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

EARLY BIRD

## SPECIAL OFFER

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

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

ADULT	£80	UNDER 18	£20	FAMILY	£180
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To book visit [htsc.org.uk](https://htsc.org.uk) or call 0121 321 1144

SEPTEMBER 2025

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

Saturday 20th September 2025 at 7.30pm

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

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

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



OCTOBER 2025

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

Saturday 18th October 2025 at 7.30pm

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

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

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

So come along because it's Boogie Woogie Time!



MARCH 2026

### Sensation ABBA

Saturday 14th March 2026 at 7.30pm

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

Sensation will transport you back to the golden days of ABBA, with stunning harmonies, costumes, choreography, and a sprinkling of light-hearted humour. This unique combination has turned them into one of the most sought-after ABBA Tribute Bands in the world. In fact - they even speak a little Swedish on stage, to add to the whole experience!

MAY 2026

### Royal Sutton Coldfield Orchestra

Saturday 16th May 2026 at 7.30pm

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

JUNE 2026

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

Saturday 27th June 2026 at 7.30pm

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

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

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



## BOOK TICKETS

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



# Your Path to Freedom from Pain and Discomfort

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

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

**THIS MONTH ONLY: Special Introductory Offer**

**Complete assessment for only £65**

"A wonderfully professional yet friendly team."



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



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



**BAC** Backcare & Acupuncture Clinic

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

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to book online:



Or visit our website:  
[www.clusker.co.uk](http://www.clusker.co.uk)

**BAC**

Backcare & Acupuncture Clinic

*Rediscover Life  
Without Limitations*



Osteopathy • Physiotherapy • Acupuncture

EMMANUEL CHURCH, WYLDE GREEN

**WARM  
WELCOME**



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

10AM UNTIL MIDDAY  
**SATURDAYS**

100% Free Food  
100% convenient  
100% delicious!

With Slimming World Kitchen, we take care of the thinking, the planning and the shopping – so on your busiest days, you know dinner's in the bag... and you'll be on track for a great weight loss. Choose from 15 delicious, generously portioned dishes each week – all 100% Free Food and delivered straight to your door!

- ✓ Choose from meat and fish, vegetarian and vegan recipes – all including at least one-third Speed Free Food.
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**Need help with your daily housework chores?**  
Contact me for an informal chat/meeting to discuss your needs.  
Flexible, reliable, trustworthy and with complete discretion.  
Call Jackie, local ex-carer.  
Telephone 07847 501696

## Feel good fitness - free event at Mercia Grange



[BOOK NOW](#)

**Continued on next page...**

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

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

**Event:** Feel good fitness

**Date:** Last Thursday of every month

**Time:** 2pm- 3pm

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

[REGISTER YOUR INTEREST](#)

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

Best wishes,

Rachel Mackay  
Customer Relations Manager



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# Sutton Coldfield Sea Cadets & Royal Marines Cadets

# Volunteers needed!

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

Sea Cadet  
Adult  
Volunteer,  
aged 30



Gain new skills and qualifications.



Develop leadership and teamwork abilities.



Make a positive impact on young lives.



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



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



# HOME CARING ANGELS



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## Our Services:

- Dementia & Alzheimer's care
- Shopping Assistance
- Companionship
- Personal Care
- Live-In Care
- Day and Night Sits
- Medication Support
- Shopping Support
- Incontinence Support



## Why Choose Us?

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

**Contact Us Today!**

**Office: 01922 351351**

**Mobile: 07429081222**

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

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

Please Bring Donations to:

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



**Urgent!**  
Food 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.



**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/](http://foodcycle.org.uk/volunteer/)

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/](http://foodcycle.org.uk/volunteer/)  
Registered Charity Number 1134423



**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

# SUTTON COLDFIELD



## TUNELESS CHOIR

*singing like no one is listening*



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



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

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

### Free Taster Session



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



Contact:  
Lisa Martin on 07969 436059  
E: [suttoncoldfield@tunelesschoir.com](mailto:suttoncoldfield@tunelesschoir.com)  
W: [www.tunelesschoir.com](http://www.tunelesschoir.com)

# SUTTON COLDFIELD TUNELESS CHOIR



*singing like no one is listening*

### What our members say ...



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

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



"Great place to meet/make friends"

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

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

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

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



## SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

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



**Tuesdays:**  
Home Ed Group 12-2pm  
Lego Club 4-6pm



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



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



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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



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

[www.squarepegactivities.org](http://www.squarepegactivities.org)  
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37-39 Gate Lane, B73 5TR

Would you like your  
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here



### What people say...



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

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

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



### Get in touch

If you...

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

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

Please contact:

Read Easy Birmingham North,  
Tamworth & Lichfield

Referral Networker  
T: 07590 829795

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

Visit us online:

[readeasy.org.uk](http://readeasy.org.uk)

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



### Do you know someone who struggles to read?

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

It's friendly, flexible and fun!



### What we do

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

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

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

#### Getting started is easy!

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

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

#### Who can learn?

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

#### Who can volunteer to help?

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

#### What books will we use?

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

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

\* Published by Shannon Trust



#### Where do we meet?

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

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

#### How long will it take?

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

Certificates are presented at intervals to recognise progress.

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



Foot Health Care Clinic - Streetly

07379 119 365

Marie Bourgeois RFHP MCFH

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

Foot health routine maintenance  
Diabetics welcome  
Nail trimming  
Thick nails  
Corns, Callus and Hard skin removal  
Verrucae, Fungal and Ingrown nails

- Qualified - Registered - Insured - DBS Checked

Registered Foot Health Practitioner - footreg.org

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



## YOGA CLASS

One hour of stretching and relaxation for your body & mind

Banners Gate Community Centre

saturday 10.15 - 11.15

**Book Now**

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

## PILATES CLASS

By Boutique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

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

£7 per session

Contact Madge Reynolds for further details



07305330324



[bootiquefitness66@gmail.com](mailto:bootiquefitness66@gmail.com)



SUTTON PARK GRANGE  
CINNAMON LUXURY CARE

## DEMENTIA FRIENDLY CINEMA

LAST WEDNESDAY OF EVERY MONTH, 2.30PM

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

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

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



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

# Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

## Step 1: What's the problem?

### I suddenly have no money

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

See options 1 2 3 6

### My money doesn't stretch far enough

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

See option 1 2

### I have debt

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

See option 3

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

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

See options 1 4

## Step 2: What are some options?

### 1 Council Support Schemes

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

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

### 2 Maximise Your Income

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

### 3 Debt Advice

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

## Step 3: Where can I get help? Each of these services offer free and confidential 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@castlevale.org.uk  
www.spitfireservices.org.uk

Help with options: 1 2 3 4 5 6

### THE PROJECT

Benefit, debt and housing advice  
0121 453 0606  
www.theprojectbirmingham.org

Help with options: 1 2 3 4 5 6

### CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support  
0121 227 6540  
enquiries@centralenglandlc.org.uk  
www.centralenglandlc.org.uk

Help with options: 6

### 4 Benefit Advance

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

### 5 Hardship Payment

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

### 6 Challenge a Decision

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

Confidential advice

### DISABILITY RESOURCE CENTRE

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

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

## For Migrants, Asylum Seekers and Refugees

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

**ASIRT**  
Advice on immigration and support options for people facing destitution because of the precarity of their immigration status  
0121 213 5893 | www.asirt.org.uk

**Migrant Help**  
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK  
Asylum helpline: 0808 8010 503  
ASCcorrespondence@migranthehelpuk.org  
www.migranthehelpuk.org (Webchat available)

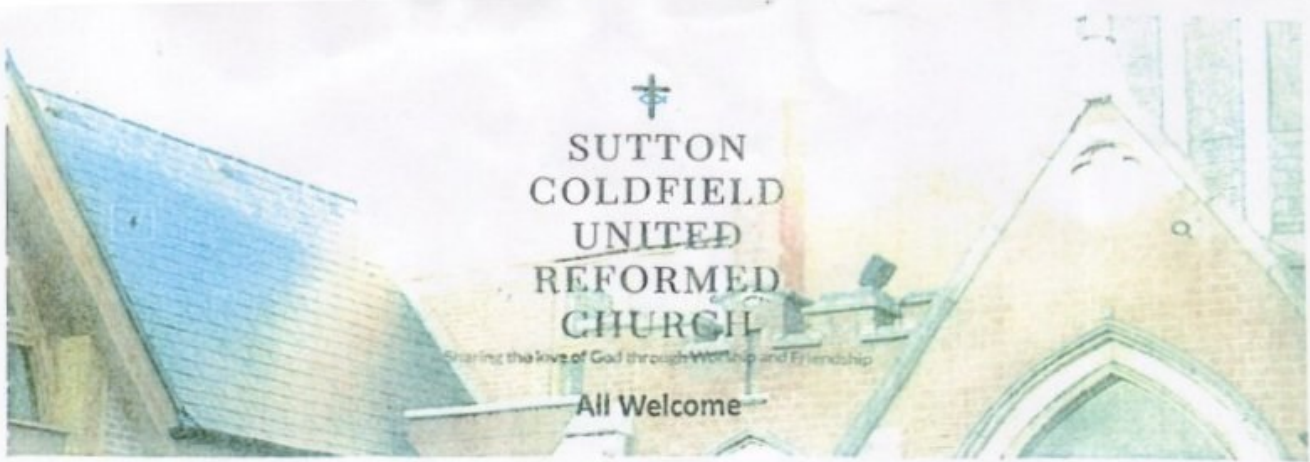
**The Refugee and Migrant Centre**  
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship  
0121 374 0140 | info@bham@rmcentre.org.uk  
www.rmcentre.org.uk

## About this leaflet

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

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





## GROWING OUR COMMUNITY TOGETHER



### CAFÉ OASIS

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



### 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**

### 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!

**Telephone or email us at:**

**0121 355 1217**

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

**Find out more by visiting us:**

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

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

## Useful Birmingham City Council phone numbers

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

## SignVideo BSL interpreting service for deaf people

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

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

## Next Generation Text

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

Dial 18001 before the full national phone number.

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

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

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

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

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

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

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

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

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



**BUY PRE-LOVED  
CARE EQUIPMENT**



**GET HELP &  
SUPPORT**



**DONATE OR GET  
INVOLVED**



### Let's work together



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

## Holland House Children's Centre

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

Limited parking is  
Pay and Display

## Emmanuel Church

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

Car park available

## Falcon Lodge Methodist Church

Newdigate Road, B75 7ER

Street parking only



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



**ANGUS STEAKHOUSE –**

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

**ASDA –**

Kids eat for £1 daily, with no adult spend

**ASK ITALIAN –**

Kids under 10 eat for £1 during school holidays

**BEEFEATER –**

Kids Eat FREE with Newsletter Voucher this Summer

**BELLA ITALIA –**

Children eat for £1 with any adult main

**BILLS –**

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

**BREWERS FAYRE –**

Kids Eat FREE with Newsletter Voucher this Summer

**BREWDOG –**

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

**BURGER KING –**

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

**CHIQUITO –**

Kids eat FREE Daily Until August 31st

**DOBBIES GARDEN CENTRES –**

Kids eat for £1 with an adult breakfast or lunch

**FRANKIE & BENNY'S –**

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

**GORDON RAMSEY RESTAURANTS –**

Kids under 10 eat FREE all day, every day

**HARVESTER –**

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

**HUNGRY HORSE –**

Kids eat for £1 on Mondays

**LAS IGUANAS –**

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

**IKEA –**

Kids get a meal for 95p daily from 11 am

**MARCO PIERRE WHITE –**

Kids under 12 Eat FREE daily with an adult spend

**MORRISONS –**

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

**PAUSA CAFE @ DUNELM –**

Kids eat FREE with every £4 spend after 3pm

**PREMIER INN & TRAVELODGE –**

2 kids eat for FREE with 1 adult breakfast

**PRETO –**

Kids up to age 10 eat free with 1 paying adult

**PUREZZA –**

Kids under 10 get free pizza with every adult meal

**SA BRAINS PUBS –**

Kids eat for £1 on Wednesdays

**SIZZLING PUBS –**

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

**TABLE TABLE –**

2 Kids Eat free breakfast daily with 1 paying adult

**TESCO –**

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

**TGI FRIDAYS –**

Kids Eat Free with any adult meal (Via App)

**THE REAL GREEK –**

Kids under 12 eat FREE Sundays with £10 spend

**TOBY CARVERY –**

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

**WHITBREAD INNS –**

2 kids eat for FREE with 1 adult breakfast

**YO! SUSHI –**

Kids eat free all day (weekdays) in school holidays

**ZIZZI –**

Kids eat free this summer holidays (ex Saturdays)





in association with  
**Spurgeons**  
Together we flourish

## Where can you find us?



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

Holland Road, B72 1RE  
Telephone: 0121 752 1860

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

### Holland House Day Nursery

Holland Road, B72 1RE

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

### Emmanuel Church

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

### Mere Green Library

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

### Stepping Stones

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

### Footsteps

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

### Preparing for Parenthood

Free antenatal session for expectant families

### Little Talkers

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

### KID's Family Group

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

### Other activities and services available at our centres



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



**Sutton Coldfield Children's Centres**



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

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

Then join us on Wednesdays, 5.45pm, at

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

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



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

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

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

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

**theWI**  
**INSPIRING WOMEN**

 **thewi**

 **womensinstitute**

 **womensinstitute**



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

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

**Come and Find Out More**

**First Wednesday of Every Month**

**7 -9pm**

**Newman Community Centre**

**13A Boldmere Road**

**Sutton Coldfield**

**B73 5UY**

**For More Information Email;  
[cathmarsh73@icloud.com](mailto:cathmarsh73@icloud.com)**

## CARER'S ASSESSMENT & WELLBEING PAYMENT

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

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

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

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

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

0333 006 9711

info@birminghamcarershub.org.uk

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



Caring For Carers



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

caringforcarers.org.uk



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

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

forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



## CARING FOR A FAMILY MEMBER OR FRIEND?

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



0333 006 9711

birminghamcarershub.org.uk

## Carers Hub :

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

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

### *What do we do?*

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

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

**Continued on next page...**

*...continued from last page*

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

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

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

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

*Additionally the website has:*

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

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

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

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



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

0333 006 9711

dementiacarers@birminghamcarershub.org.uk

birminghamcarershub.org.uk

### Herbert Protocol Form

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



### Dates & Times

Your Nearest Support Group is:

The next Carer Awareness Session is:

The next Dementia Carer Drop-in is:

Speak to our Dementia Carer Advisors on 0333 0069711 or email [dementiacarers@birminghamcarershub.org.uk](mailto:dementiacarers@birminghamcarershub.org.uk)

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

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



## SUPPORT FOR DEMENTIA CARERS IN BIRMINGHAM

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



AGE concern Birmingham

Birmingham ageUK

DEMENTIA CARERS COUNT

### Dementia Carers Hub:

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

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

*You will benefit from:*

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

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

# Friends First

## Safe local spaces to make new friends

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

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



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

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

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



If you would like to find out more about our groups for yourself or someone you know, please get in touch:

Call on 0121 362 3650 or email at [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)

AGEconcern  
Birmingham

Birmingham  
ageUK

Birmingham  
City Council

# Befriending Service

## Safe local spaces to make new friends

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

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



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

## New friendship group:

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

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

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

AGEconcern  
Birmingham

Birmingham  
City Council

SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME

# Friends First

## Safe local spaces to make new friends

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



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

## New friendship group for over 50s:

Hargreave Community Lounge, Hargreave Close  
Walmley. B76 1GR

Every Wednesday 11am to 12:30pm

Tea and coffee provided

Call Julia on 07985270599 for information

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

AGEconcern  
Birmingham

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ageUK

Birmingham  
City Council



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

## Alan Ledger

### MEET THE PHOTOGRAPHER

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

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

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

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

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

### ALAN'S BIOGRAPHY

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

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

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

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

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

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

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

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

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

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

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



Hi all,

At this very moment I am on holiday in Mallorca and for the past four days I have been in this beautiful hospital in Inca. Unfortunately, I managed to fall off my wheelchair or that should read slid off and broke my left leg which is firmly bound up for the next 6-8 weeks. This was after having 2 x rays and a scan. I am now waiting transport home, probably Monday by Air Ambulance plus nurse to make sure I don't fall out the plane helicopter whatever! Thank you travel insurance company. None of your Ryanair stuff for this Job. Some of you may have seen this photo before but it's a corker

Two East German 01.5 Pacifics, 01-0507/01-0520 WORKING THE 15.28 BEBRA TO LEIPZIG AT HONEBACH. The lead ENGINE has a set of Box Pox wheels. We had come to see some snow but we had to wait until the following year for that, and the double header was still running then!

21/02/1972

Regards Ledg.



Hi all,

Looking down from the footbridge at Bewdley on the Severn Valley Railway in the late summer as people relax and watch a Kidderminster Bridgnorth train headed by Stanier Black 5 45110 prepare to leave. The fireman looks back to get the green flag from to the guard before they can leave. Some nice hanging baskets adorn the lamp posts. I may have sent this a long time ago but I like the summer scene so here it is again enjoy.

Summer 2006

Regards ledg



Hi all,

Looking down from the footbridge at Bewdley on the Severn Valley Railway in the late summer as people relax and watch a Kidderminster Bridgnorth train headed by Stanier Black 5 45110 prepare to leave. The fireman looks back to get the green flag from to the guard before they can leave. Some nice hanging baskets adorn the lamp posts. I may have sent this a long time ago but I like the summer scene so here it is again enjoy.

Summer 2006

Regards ledg



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

# SUTTON COLDFIELD

RAILWAY SOCIETY



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

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



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

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



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

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

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



Opposite CEX on the corner.



## CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES  
SCHOOLS  
CORPORATE  
TEAM BUILDING  
CLUBS



PROSECCO NIGHTS  
HEN/STAG  
BABY SHOWERS  
SOCIAL  
AND MORE

MILITARYCHEF.CO.UK

VETERAN OWNED AND OPERATED



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

# Love For Babies

## Fun Interactive Baby & Toddler Sessions

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

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

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

Contact us for more information or to  
book your space



### Contact:

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



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

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

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

#### Trio Of Love 4 Week Course

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

#### Baby Massage & Spa 5 Week Course

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



#### Love To Spa

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

#### Love To Play

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



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



## Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+  
Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

EXAMS - FESTIVALS - SHOWS

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



## Let Bridgewater Photography capture your special moments

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

Bridgewater Photography service covers:

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

BRIDGEWATER  
PHOTOGRAPHY

**Call Donna on 079 1321 3299**

### Customer comments:

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

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

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



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

You could get help to buy:

Plain cow's milk



Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

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

  @NHSHealthyStart

## What can I buy?

### Fruit and vegetables

#### ✓ They can be:

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

#### ✗ They cannot:

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

### Plain cow's milk

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

#### ✗ It cannot be:

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

### Infant formula

#### ✓ It should be:

- suitable from birth
- made from cow's milk

### Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on **0300 330 7010**

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



Follow us on Facebook and Twitter  
**@NHSHealthyStart**

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



## NHS Healthy Start

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



## What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



## Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

## How to apply



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



Fill in the online application form



Receive your prepaid card in the post



You'll need to activate your card to get your PIN before using it



Shop for healthy food and milk in most retail stores that sell the eligible food and milk items and accept Mastercard® payments



You'll need to insert your card into the card reader and enter your PIN the first time you use your card

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

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



## Alzheimer's Society Dementia Support

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



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia



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

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

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

## Talk to someone who understands

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

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

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

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

“

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

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

”

## Get the help and support you need

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

Call **0333 150 3456**

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

### Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.





SUTTON COLDFIELD  
**NEIGHBOURHOOD  
NETWORK SCHEME**



GROWING OUR  
COMMUNITY TOGETHER  
SUTTON COLDFIELD NNS

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 NNS

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

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

WELCOME TO OUR

# April Newsletter

HELLO FROM SUTTON COLDFIELD NNS!  
Welcome to our monthly Newsletter



Hello All!

Spring has sprung and the season of new beginnings is here! We've had our own fresh start with a rebrand - although we are still known as Sutton Coldfield Neighbourhood Network Scheme our organisational lead - **Age Concern Birmingham has rebranded** and is now known as **Age Connects West Midlands**. To follow the Age Connects West Midlands rebrand story, you can find out more on social media (Facebook, Instagram, LinkedIn @AgeConnectsWM). The rebrand offers an exciting future, full of potential, although all their brilliant services and teams remain the same.

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

**THANK YOU!**

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

## CAPACITY BUILDING

Asda Foundation

Local Spaces Community Fund

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Expert-led health talks delivered by Good Hope Hospital in partnership with Royal Sutton Coldfield Town Council

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### Community Group Sustainability ACTION PLAN

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

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- Organisational Structures
- How to generate income
- Policies and Procedures
- Volunteering
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Book a chat with a Networker.

We want to help you thrive and grow in 2026!

To book a chat email: [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)



## SPREAD THE WORD

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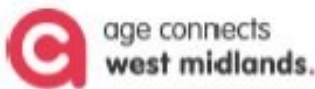
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Sutton Coldfield Charitable Trust  
Grants to make Sutton Coldfield Greener

## GRANTS TO MAKE SUTTON COLDFIELD GREENER



UP TO AND  
INCLUDING  
**£1,000** PER  
PROJECT, PER  
GROUP OR  
ORGANISATION

OPEN TO BOTH  
NEW AND  
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APPLICANTS



Could your group apply for one for these new grants from Sutton Coldfield Charitable Trust, which support both new and existing applicants to undertake small environmental projects and improvements. The fund will enable organisations to apply for grants of up to and including £1,000 for initiatives that will make a positive difference to the environment.

This could include things such as:

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- Creating recycling points
- Setting up electric vehicle recharging stations
- Making a positive difference to local green spaces
- Supporting nature and wildlife.

## STORY OF DIFFERENCE

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Our Place Support were awarded an NNS Small Grant to deliver Advice and Community Navigator services, along with social inclusion activities. We caught them at the mid point of the project, where there have been 37 beneficiaries from Sutton Coldfield, the majority being older adults, many living with long-term health conditions or disabilities, and those on low incomes. Advisors work with clients for as long as support is needed, for many, this is at least three months, allowing time to build trust and develop a positive working relationship.

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*As a result of involvement in the project, Client J has increased awareness of local support, begun reconnecting socially, and feels more confident accessing help when needed. This has positively impacted his wellbeing, reduced isolation and strengthened his ability to continue caring for his son independently in their own home."*

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Manjit and Kamleish were on hand to signpost visitors to local community groups and activities, supporting wellbeing and general health.

### SPREAD THE WORD

#### Age Connects West Midlands


#### Volunteer Call Out - Telephone Support Assistant

## VOLUNTEERS NEEDED

TELEPHONE SUPPORT ASSISTANT



JOIN US!

 age connects  
west midlands.


Age Connects West Midlands is looking for Telephone Support Assistant volunteers based at their Head Office in Boldmere. The purpose of this role is to provide friendly, supportive, and reliable first-point-of-contact telephone assistance to callers. This role plays an essential part in ensuring that callers feel welcomed, informed, and supported.


A variety of days and hours are available to suit your availability, get in touch at [hello@ageconnectswm.org.uk](mailto:hello@ageconnectswm.org.uk) or call 0121 362 3650 to find out more.


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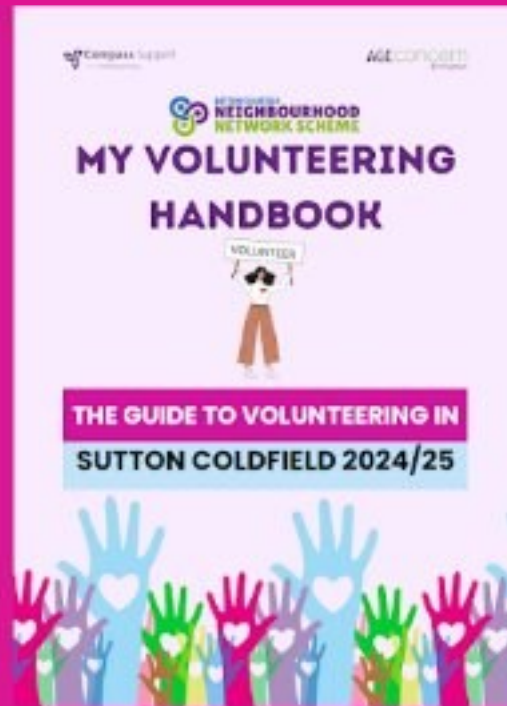
 The Pioneer Group

GET INVOLVED

## READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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




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


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 [Sutton Coldfield NNS](#)

WELCOME TO OUR

# April Newsletter

HELLO FROM SUTTON COLDFIELD NNS!  
 Welcome to our monthly Newsletter



**THANK YOU!**

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

Hello All!

Spring has sprung and the season of new beginnings is here! We've had our own fresh start with a rebrand - although we are still known as Sutton Coldfield Neighbourhood Network Scheme our organisational lead - **Age Concern Birmingham has rebranded** and is now known as **Age Connects West Midlands**. To follow the Age Connects West Midlands rebrand story, you can find out more on social media (Facebook, Instagram, LinkedIn @AgeConnectsWM). The rebrand offers an exciting future, full of potential, although all their brilliant services and teams remain the same.

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

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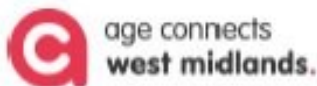
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
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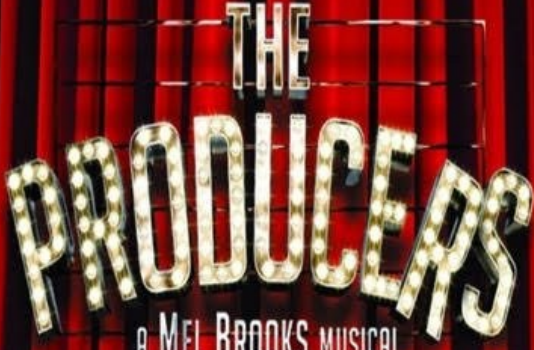
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west midlands.

 Birmingham  
City Council

 The Pioneer Group

# What's on next at Highbury Theatre?


From The Top Theatre Company Presents  
 The funniest musical ever written...  
 Tel: 07745 724881  
[ticketsource.co.uk/from-the-top-theatre-company](http://ticketsource.co.uk/from-the-top-theatre-company)



**THE PRODUCERS**  
 A MEL BROOKS MUSICAL

Highbury Theatre, Sutton Coldfield, 6-9th May 2026

Book by  
 MEL BROOKS and  
 THOMAS MEEHAN



Music and Lyrics by  
 MEL BROOKS

Original direction and choreography by  
 Susan Stroman

By special arrangement with StudioCanal

This amateur performance is presented by arrangement with Music Theatre International.  
 All authorised performance materials also supplied by MTI [www.mtishows.co.uk](http://www.mtishows.co.uk)

Improv Comedy with  
**BOX OF FROGS**



Spontaneous scenes, sketches and songs  
 based entirely on YOUR suggestions!

LEICESTER COMEDY FESTIVAL  
 NOMINEE  
 BEST VARIETY SHOW 2015

FRINGE BEST IMPROV  
 2015

web: [boxoffrogsimpro.co.uk](http://boxoffrogsimpro.co.uk) socials: @boxoffrogsimpro


★★★★★ 'Comedy royalty' (Derek Awards)  
 ★★★★★ 'Hilariously funny' (Moreish TV)

**BOX OF FROGS**

Highbury Theatre, Sheffield Road,  
 Sutton Coldfield, B73 5HD  
**Friday, 15th May 2026**  
 7:30pm (doors open 7pm)  
 Tickets: £12  
 Suggested age: 16+  
 Tickets available via [highburytheatre.co.uk](http://highburytheatre.co.uk)

**DRAMA**

**Highbury Players Present**  
 an amateur production by arrangement with Concord Theatricals Ltd  
 on behalf of Samuel French Ltd




**THE CURIOUS INCIDENT  
 OF THE DOG  
 IN THE NIGHT-TIME**

By Mark Haddon / Simon Stephens  
 Directed by Maura Judges

*Who killed Wellington?*

Strong language  
 abuse of people  
 & animals.  
 For 14+

**9 - 20 June 2026, 7:30pm**  
 at Highbury Theatre, Sheffield Road, B73 5HD  
 0121 373 2761 / [highburytheatre.co.uk](http://highburytheatre.co.uk)



Street Katz Theatre and Film presents:  
**100 YEARS OF WINNIE THE POOH**



**SCCT**  
 Sutton Coldfield Charitable Trust

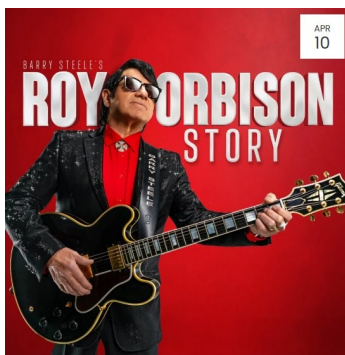
See you there!

**Saturday 27th June: 6pm**  
 Highbury Theatre Centre

# Sutton Coldfield TOWN HALL

0121 296 9543

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



**SCSAF** MAY 9 TO 13 MAY

**SPRING EXHIBITION**

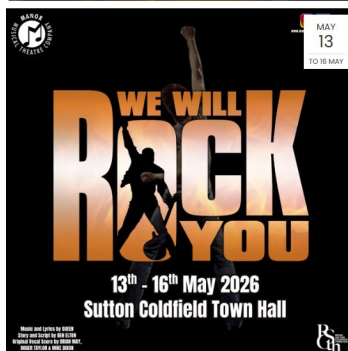
9th May — 13th May 2026

9 am to 5 pm (4 pm last day)

Bedford Suite, Town Hall  
Sutton Coldfield B73 6DA

Admission Free

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

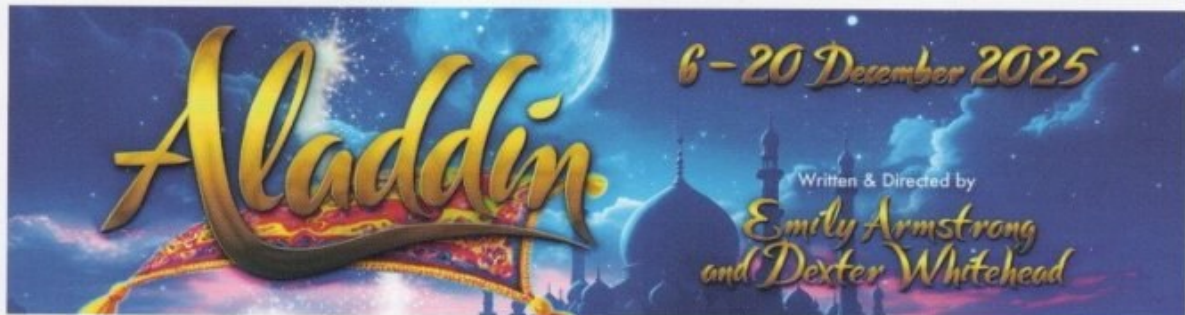
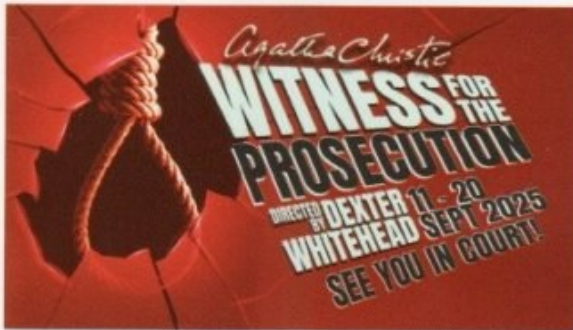


**SUPPORT US**

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

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

# WELCOME TO SUTTON ARTS THEATRE 2025-26 SEASON



**BOX OFFICE 0121 355 5355**

DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF  
15 VOLUNTEERS PER NIGHT... AND THAT DOESN'T INCLUDE THE ACTORS!

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

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



## **SAME TIME NEXT YEAR**

**30 APRIL - 9 MAY 2026**

Doris and George meet in 1951, a chance encounter in a Californian hotel that leads to a passionate one-night stand.

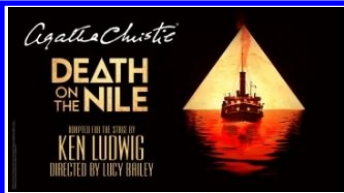
Both are married to other people but, soon aware that this might be the start of something, they promise to meet 12 months later. So begins a romantic love affair that lasts 25 years.

The play charts their lives through the ups and downs of parenthood, career highs and lows as well as the shifting fashions and morals of the passing decades.

A bitter-sweet, nostalgic and very funny portrait of two likeable protagonists who find themselves in the most unusual of long-term relationships.

**Written by Bernard Slade**  
**Directed by Joanne Ellis**

# ALEXANDRA THEATRE BIRMINGHAM



Tue 7 Apr - Sat 11 Apr 2026



Fri 10 Apr - Fri 5 Jun 2026



Sat 11 Apr 2026



Mon 13 Apr - Tue 14 Apr 2026



Sat 18 Apr 2026



Tue 21 Apr - Sat 25 Apr 2026



Sat 2 May 2026



Tue 5 May - Sat 9 May 2026



Mon 11 May - Sat 16 May 2026



Fri 22 May 2026



Sat 23 May 2026



Mon 25 May 2026



Tue 26 May - Sat 30 May 2026



Tue 2 Jun - Sat 6 Jun 2026



Tue 9 Jun - Sat 13 Jun 2026



Sun 14 Jun 2026



Tue 16 Jun - Wed 17 Jun 2026



Thu 18 Jun 2026



Fri 19 Jun 2026



Sat 20 Jun 2026

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



**MUSICAL THEATRE  
DANCE WORKSHOP**

Creative Burntwood  
Tue 5 May



**CHITTY CHITTY BANG  
BANG**

Presented by Brownhills Musical  
Theatre Company  
Tue 5 – Sat 9 May



**LICHFIELD ARTS  
EMERGING TALENT -  
BURNTWOOD  
TAKEOVER**

Fri 8 May

**MOVING  
TOGETHER**

**MOVING TOGETHER**

Gentle Dance & Creative Sessions  
Mondays at 10.30am



**THAT'LL BE THE DAY:  
40th ANNIVERSARY  
SHOW**

Mon 11 – Tue 12 May



GIVING YOUNG PEOPLE

**DONATE TO THE BIG  
TICKET APPEAL!**



**LICHFIELD FILM CLUB  
- SOME LIKE IT HOT**

Wed 13 May



**JONNY COLE:  
ARMAGUDD'N -  
BURNTWOOD  
MEMORIAL HALL**

Part of Creative Burntwood  
Wed 13 May



**SSC FILM PREMIERE**

Cold Truth & The Move  
Fri 15 May



**SSC FINAL  
PERFORMANCE: THE  
MERRY WIVES OF  
VEGAS**

Fri 15 – Sat 16 May



**THE WEST END  
TENORS**

Sun 17 May



**HAMNET**

Burntwood Afternoon Cinema

Tue 19 May



**CREATIVE  
BURNTWOOD - TOP  
HAT OPEN MIC**

Tue 19 May



**BLOOD BROTHERS**

Presented by Bill Kenwright Ltd

Tue 19 – Sat 23 May

**Listening with your Eyes**



A workshop for people who work in health and care

**LISTENING WITH  
YOUR EYES  
WORKSHOP**

Presented by Vamos Theatre

Thu 21 May



**QUILL**

Sun 24 May



**STUPIDEST SUPER  
STUPID SHOW**

Part of Creative Burntwood

Mon 25 May



**OH ZEUS!**

Tue 26 – Wed 27 May

THE PURRFECT FAMILY TREAT!

**The Tiger Who Came to Tea**



**THE TIGER WHO CAME TO TEA**

Thu 28 – Fri 29 May



**DIAL 1 FOR UK**

Thu 28 May



**TOM BRACE SAWS HIMSELF IN HALF**

Fri 29 May

**BACKSTAGE TOURS**

**BACKSTAGE TOURS**

Sat 24 Jan – Sat 11 Jul



**JOHN BARROWMAN: MY LIFE IN MUSICALS**

Sat 30 May



**LICHFIELD ARTS EMERGING TALENT - LOFT. + THE HOCH**

Sat 30 May



**PRIDE & PREJUDICE... BUT FUNNY**

Sat 30 May



**NT THE PLAYBOY OF THE WESTERN WORLD**

Sun 31 May



**THE MAGIC OF MOTOWN**

Sun 31 May



**PROFESSOR KATE WILLIAMS: THE TRUTH ABOUT ROYAL WOMEN: SECRETS & SCANDALS, POLITICS & POWER**

Tue 2 Jun



**AN EVENING WITH ALISON JACKSON: FAKING FAMOUS**

Wed 3 Jun



**LICHFIELD ARTS INTRODUCING: SSC INTRODUCING NIGHT**

Thu 4 Jun

Josh Widdicombe is back on tour, not again! By now he has almost certainly mastered the art of stand-up, either that or he has wasted the last 15 years of his life. Come along and decide for yourself. Expect it to be shorter and with lower production values than Taylor Swift's Eras Tour, but funnier and with more references to tea.

Josh co-hosts the hugely popular podcast *Parenting Hell* with Rob Beckett, which has somehow become so popular that they undertook a live arena tour in 2023 and released a book which topped the Sunday Times Bestseller Charts. He's co-hosted in over 30 series of the multi-award-winning Channel 4 series *The Last Leg*, is a team captain on Sky Max's *Rob Beckett's Smart TV* and co-hosts Sky's *Hold The Front Page*. And he has an almost complete collection of Panini football sticker books.

## Josh Widdicombe: Not My Cup of Tea

Josh Widdicombe is back on tour, not again!

Tue 5 May



A ghostly ship roams the endless sea, vast, lonely and unrelenting. Its captain cursed to sail for eternity until redeemed by true love.

Senta, captivated by the story of the mysterious Flying Dutchman condemned to sail forever, becomes the only hope for his salvation. Her longing for escape entwines her fate with his in ways neither could foresee.

This gripping reimagining of **The Flying Dutchman** explores the deep ache of loneliness and the fragile hope of human connection. Inspired by the sublime beauty of the Welsh coast, the sea is the opera's canvas, and both a compulsion and prison for its characters. Wagner's orchestrations from the thunderous overture to its haunting arias, become the heartbeat of the story, evoking the power of the ocean and leaving you adrift in its spell.



## WNO - Flying Dutchman

A gripping reimagining of *The Flying Dutchman* inspired by the sublime beauty of the Welsh coast

Thu 7 May

Get ready for a toe-tapping, heart-warming adventure in **Blaze of Glory!** – an uplifting tale set in a 1950s Welsh Valleys community. After a devastating mining disaster a small group of Welsh miners decide to reform their Male Voice Choir to lift spirits and raise the roof! Led by their heroic Chorus Master and supported by the strong-willed women who stand by them, the men embark on a musical escapade which finds them kidnapping a yodeller, taking part in the historic trans-Atlantic link-up with Paul Robeson and blazing a trail to the Eisteddfodau and beyond.

**Blaze of Glory!** Is a jubilant celebration of the Land of Song and a tribute to how community spirit can triumph over adversity. Traditional Welsh harmonies blend with the *a cappella* sounds of the 1950s, operetta, gospel and big band as our intrepid band of gleemen Lindy Hop their way to glory. Join our men in blazers, for a feel-good performance which will make your heart sing.

Sung in English with surtitles in English

## WNO - Blaze of Glory!

Cymru, coal and choral singing

Fri 8 May



## WNO - Play Opera LIVE - Shipwrecked!

Sail the high seas with our interactive family show

Sat 9 May

Sail the high seas with our interactive family show that's perfect for toddlers

Our fearless captain, Tom Redmond may be stranded on a desert island but we're not that worried, as he's in great company with his trusty crew of the WNO Orchestra and singers. Together, we will introduce you to the orchestra's many instruments with melodies that take you on a journey accompanying our talented singers through story, song, and of course, the swashbuckling music, from stage and screen which are our absolute favourites to perform.

This interactive and educational show, for all the family, is the perfect introduction to the wonderful world of opera and classical music. The relaxed vibe will allow you to fully lose yourself in the music, story and drama as we charter the waves and bring Tom and our crew back to dry land.

And the adventure doesn't stop there! Before you board HMS WNO, join us in the foyer to experience the backstage magic of opera during our free pre-show foyer activities, available from 1pm. Explore our costumes, make your own props and test your skills on lighting and sound stations. If that's not enough, there's even a treasure hunt – but make sure you find it before those pesky pirates!

UK's largest stages with our **Behind The Scenes Tours**.

This is your chance to explore the real working spaces usually only seen by cast and crew. Along the way, our knowledgeable team will share stories from the theatre's past, offer a glimpse into the present and reveal exciting plans for the future.

Tours last around 90 minutes and are ideal for curious minds eager to uncover how the magic truly happens.

Please note that the tour involves using several staircases. If you have any access needs or requirements, just let us know in advance and we'll be happy to make arrangements.

## Events & Venue Tours Behind The Scenes Tours

Sun 10 May – Sun 18 Oct



## Tom Davis: Spudgun

Tom Davis returns with a new show

Sun 10 May

Tom Davis is back on the road, firing out his freshly cooked observations on life's hot topics.

Co-host of the mega-hit podcast *Wolf and Owl* with Romesh Ranganathan, star of BAFTA and Royal Television Society award-winning comedy series *Murder in Successville* and BBC One smash-hit comedy *King Gary*, Tom also has his own special *Underdog* available to watch on Sky and NOW TV.

Also seen on *Wonka*, *Paddington 2*, *The Curse*, *A League of Their Own* (Sky), *Live At The Apollo* (BBC) and *The Jonathan Ross Show* (ITV).

Get ready – this one's fully loaded.

As part of **Origins Festival: Celebrating New Work**, watch brand new work-in-progress performances by our hand-picked **Hippodrome Origin Artists**. Each performance will have a British Sign Language interpreter and include audio description. You are also invited to join us post show, to gather with others and enjoy some delicious free food.

## Festivals & Outdoor Events Origins Festival

Birmingham's newest theatre festival

Mon 11 - Sat 16 May



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

# the Rep



## SMALL ISLAND

Wed 1 Apr – Sat 18 Apr 2026



## PERFECT SHOW FOR RACHEL

Fri 10 Apr – Sat 11 Apr 2026



## A MIDSUMMER NIGHT'S DREAM

Sat 25 Apr – Sun 24 May 2026

Journey from the sun-drenched shores of Jamaica to the cold, grey streets of 1940s London in *Small Island*, a powerful and intimate portrayal of **Andrea Levy's** multi award-winning novel, adapted for the stage by **Helen Edmundson**. Directed by **Matthew Xia**, this bold staging offers a fresh perspective on a world shaped by empire and entitlement, caught between belonging and unbelonging, disappointment and hope.

Four unforgettable characters bring this Windrush story to life: Hortense and Gilbert, determined Jamaican migrants in search of belonging and respect; Queenie, an Englishwoman who defies convention; and Bernard, her husband, struggling with change. Together, they discover love across culture, colour and class – and the fragile hope of a shared future.

Spanning decades and continents, this brand-new production draws on the joyful rhythms of calypso and the harsh realities of post-war Britain to explore the emotional truth of our collective history, brought vividly to life through music, striking visuals and a compelling story you will never forget.

**Funny, heart warming, triumphant. The perfect show.**

*Why can't more theatre be like this? Open, relaxed, fun and full of love"*

★★★★★ – *The Guardian*

Meet the O'Mahony sisters. Flo is an award winning theatre director. Rachel is an enigmatic, learning-disabled 35 year-old who loves Kylie and seeing people fall over. So they decided to create Rachel's perfect show: fast paced, funny, and different every night.

*"a joyous celebration of theatre without the rules"*

★★★★ – *The Stage*

Expect physical comedy, live music, home movies, dancing and a lot of Rachel soaking her sister with a watergun in this critically acclaimed, award winning show. As Rachel creates the show on her own terms every night, the cast have to be ready for anything – including fart jokes, becoming singing biscuits, bar room brawls and being fired on the spot. This is "an absolute joy to watch" (A Youngish Perspective).

*Bright, funny, musical, silly... try not beaming'*

★★★★ – *The Times*

*Perfect Show for Rachel* was developed with *Rachel*, to create a show on her own terms. It explores who defines artistic taste, and questions who that currently excludes. Created by **Zoo Co Theatre**, a multi award-winning company creating theatre that loudly champions access. **Zoo Co** won the *Oxford Samuel Beckett Theatre Trust Award* in 2022. Created in collaboration with **Improbable**, a pioneering company of improvisers and theatre-makers who have been making ground-breaking work for the past 25 years. Proud winners of *Producer of the Year at The Stage Awards 2023*.

Further praise for *The Perfect Show For Rachel*

*"A theatrical experience like no other"*

★★★★★ – *Broadway World*

*'An absolute joy to watch'*

★★★★★ – *A Young-ish Perspective*

*"Glows with a kind of truthfulness most productions only gesture towards"*

★★★★ – *Live Art Live*

*"A beautiful evening of unrestrained creative exploration and recreation."*

★★★★★ – *North West End UK*

Bard veterans and newbies alike will enjoy The Rep's return to **Shakespeare**. Starring the hilarious **Adam Carver** (aka cabaret sensation **Fatt Butcher**) and set in the heart of Birmingham where Brummie accents punctuate this much-loved comedy.

When a love-struck teenager is forced to marry a man, rather than the woman she loves, she has a few options: certain death, live a lie, move to a nunnery... or flee to a messy, neon party in an enchanted forest!

Beyond the city walls, boundaries blur, music pulsates, and love is celebrated. Inhibitions are unleashed and love potions spill into more re-couplings than an episode of *Love Island*.

This night on the tiles also features a feel-good soundtrack of pop music and original songs that will have you dancing in your seats: but maybe *Sweet Dreams* aren't made of this...? The feisty fairies are locked in their own conflict; the seasons are pulled into climate chaos and the young lovers' moonlit escape from reality loses its shine.

As relationships sour and temperatures soar, this romantic comedy might leave you thinking... *what the Puck?!*

Directed by The Rep's Artistic Director, **Joe Murphy** and Deputy Artistic Director, **Madeleine Kludje**, step into the wild with this vibrant telling of *A Midsummer Night's Dream*, celebrating the beauty of love in all its forms.

# STUDIO27

## TIMETABLE

ALL CLASSES ARE 45 MINS  
UNLESS SPECIFIED

**MONDAY**

Circuit 9:30am

BoxFit 10:30am

Pilates 5:15pm  
(1st class 13th May)

Zumba 7:45pm

**TUESDAY**

Pilates 9:15am

Adult Dance 11am

Yoga 12:15am

Kids Yoga 4:30pm

Yoga 5:15pm

BoxFit 6:15pm

BoxFit 7:15pm

**WEDNESDAY**

Circuit 9:15am

Meditation & Mindfulness  
10-10:45am

Parent & Toddler/Baby Dance  
11:00-12:00pm

Under 12 Dance 5pm

Adult Dance 6:15pm

Zumba 7:15pm

**THURSDAY**

Circuit 9:15am

**FRIDAY**

Zumba 9:30am

**SATURDAY**

Circuit 7:15am

BoxFit 8:00am

Under 5 Dance 9am

Under 8 Dance 9:45am

Over 12 Dance 10:30am

Street Dance 11:15am

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

### Additional wellbeing offerings here at Studio27 Wellbeing hub

Personal Training
 1-2-1 Wellbeing Support
 Nutritional Guidance

## - Membership & Pricing -

Basic	Standard	Premium	Unlimited
£25 <small>month</small>	£45 <small>month</small>	£60 <small>month</small>	£99 <small>month</small>
<small>4 classes per 4 weeks</small>	<small>8 classes per 4 weeks</small>	<small>12 classes per 4 weeks</small>	<small>Unlimited classes</small>
Youth	Under 12	Under 8	Under 5
£37 <small>month</small>	£35 <small>month</small>	£30 <small>month</small>	£20 <small>month</small>

*Pay as you go*

**Current prices**    **Price from 1st July 2024**  
 Adult £7    Adult £8.50  
 Child £6    Child £7.50

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

**To book and pay for a membership or class, please visit our website**  
[www.studio27wellbeinghub.co.uk](http://www.studio27wellbeinghub.co.uk)



# Information and Advice

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

Call 0121 437 0033

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

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

## Useful Numbers

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

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

### Local services

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



**0121 437 0033**

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



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



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

## Information and Advice

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

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



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

## Opening Hours

Our phone lines are open:

**Monday – Friday**

**9:30am – 3:30pm**

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



## Information Guides

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

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

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

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

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

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

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

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

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



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

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

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

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

☎ 0121 437 0033



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**

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

# Occupational Therapy Clinics

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

No need to book.

For more information about clinic venues visit:

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



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

## ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

## WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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

**Jordanne Francis**  
Health and Wellbeing Officer

Perry Common Community Hall,  
87 Witton Lodge Road, B23 5JD  
Wellbeing Hub, 196 High Street,  
Erdington, B23 6SJ

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

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



# ARTHRITIS HELPLINE

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

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

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

**VERSUS**  
**ARTHRITIS**



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

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



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

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

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

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

## PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

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



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



**VERSUS**  
**ARTHRITIS**

## VERSUS ARTHRITIS RESOURCES

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

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

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

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

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

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



**VERSUS**  
**ARTHRITIS**



Join us for  
our next  
event


**Mercia Grange care home,  
Sutton Coldfield**

**Coffee, cake &  
friendship cafe**

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

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

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

Trusted to care. 

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

**care UK** 



Join us for  
our next  
event

**Mercia Grange care home,  
Four Oaks**

## Feel good fitness

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

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

Trusted to care.



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

**care UK**



SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

# Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE



## LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

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



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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





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

Classes on:

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

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

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

***Topics such as***

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



Contact 07825255042

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

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



# North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



North Birmingham  
Cats Protection Presents...



# Autumn Fayre

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

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

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



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

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

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

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

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

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

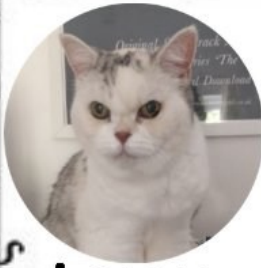
\*Anyone considering volunteering for CP can call in to the Cats Protection charity shop on Erdington High Street, meet the team, and express an interest. There are lots of other roles too, like fostering and fund-raising.

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

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

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

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



**Lucy**



**Polly**

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

Team Cat Rescue has lots of cats and kittens looking for their forever homes. Owners often have to give them up for a variety of reasons - usually a change of circumstances meaning they can no longer care for their beloved pet. And some come into care because they are found wandering and abandoned.

If you are not ready to adopt, how about fostering? Or helping Team Cat Rescue with driving or fund-raising? If so, contact Coordinator Lynne of Team Cat Rescue on 0121 373 4596.

**\*\* Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years \*\***



**Terence**

**Jo Jo**



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

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

Birmingham and Solihull  
Integrated Care System  
Caring about healthier lives

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

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

### What is an Annual Health check?

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



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

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

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

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

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

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

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

- 20-30 mins



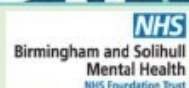
### What help might you need?

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



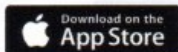
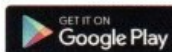
### What happens during the Annual Health Check?

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



# Can you help us save more food?

**OLIO**  
The Food Sharing App



## Yes you can!

It's easy to give back to the OLIO community



### Spread the word

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



### Add to OLIO

Your neighbours will love your spare food or household items.



### Volunteer

Feel great & do good at the same time.

Learn more at

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

Together we can make a difference!

**OLIO**

@OLIOex @OLIO\_ex

# It's okay...

---

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



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



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



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

*Get in touch today*

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





## COULD YOU VOLUNTEER?

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

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

### CONTACT US

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



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



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

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



@thegapsuttoncoldfield



the gap\* Sutton Coldfield



## SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

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

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













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

## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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



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

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

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





Banners Gaters clearing fallen leaves near Longmoor Pool.



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

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

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

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

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



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

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

See our programme on our website:

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



# Join FOPPs Regular Litter Pick

**every second sunday in the  
month.**

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

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

Weather Permitting





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



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



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

# Love For Babies

## Fun Interactive Baby & Toddler Sessions

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

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

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

Contact us for more information or to  
book your space



### Contact:

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



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

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

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

### Trio Of Love 4 Week Course

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

### Baby Massage & Spa 5 Week Course

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



### Love To Spa

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

### Love To Play

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



**Amalia's Elite  
Dance Academy**

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

Contact us for  
more

★★★★★  
Trustpilot

**pyjama  
drama**

Teaching life skills through drama and imaginative play

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

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

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

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

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

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

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

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



Prince's Trust

**START  
SOMETHING**



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

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

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



**INTERESTED?**

**Contact us for more information**

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

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

0300 456 0049

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

# standeazy

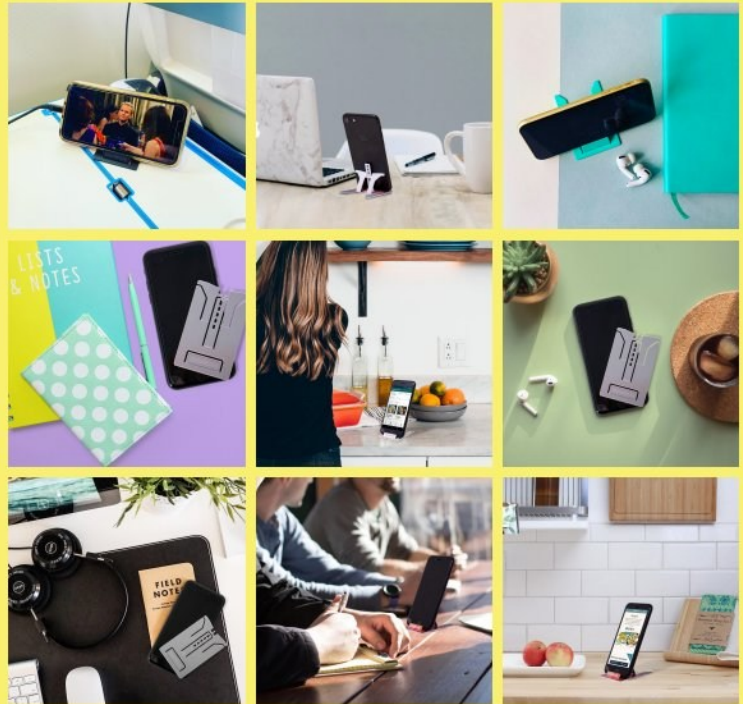
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for more info on how  
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when you order online with code **Stocking23**



## Banners Gate Neighbourhood Forum Meetings



There will be a meeting of the Banners Gate Neighbourhood Forum four times a year instead of six times. The first meeting of the New Year will be on Thursday 29th January at 7.30 p.m., the next is March 26th., hot drinks and biscuits will be provided. Come and tell us of any problems you have with the area and we will try to get them fixed.

If you need any more information please call 0121 605 4947 or 07976 550 420

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

If you need any information please message on 07964 213 229