



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

JULY 2026

WELCOME TO OUR

July Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



THANK YOU!

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

Hello All!

Hope you are well. Last month Sutton Coldfield NNS had an away day which took place in Minworth – a ward with which we have a current focus, having identified gaps in community service provision. The purpose of the away day was to reflect on our progress and refresh our Strategic Framework, with a clear focus on priorities for 2026–27. The time was used to align our future direction, identify key gaps in provision, and shape targeted commissioning.

If you have identified a gap in community provision for older and disabled adults over 18, please get in touch to let us know your thoughts.

As usual, If you have any relevant snippets for our August newsletter, or would like to share an NNS 'Story of Difference' please get in touch at nns@ageconnectswm.org.uk

SPREAD THE WORD

**NEW! Advice & Information Stand at
Sutton Coldfield's Cottage Hospital**



Age Connects West Midlands and Our Place Support have announced the launch of a new Information & Advice Stand at the newly opened Cottage Hospital in Sutton Coldfield. You can have a chat with their friendly team who can support with a range of advice and guidance, including:

- ★ Welfare benefits
- ★ Energy support
- ★ Crisis Resilience Fund
- ★ Carers support...and much more.

You can pop by the stand during a visit to the Cottage Hospital – no appointment needed, available Monday – Friday.

Cancer Support Centre – Nutrition Workshops



Nutrition Workshops

20TH AUG	THE TRUTH ABOUT SUGAR
17TH SEP	BENEFITS OF THE MEDITERRANEAN DIET
15TH OCT	GUT HEALTH
19TH NOV	NUTRITION THROUGH WINTER
17TH DEC	HEALTHY CHOICES

Your Journey, Our Support, Your Choice.

Every month, the Cancer Support Centre have a nutrition workshop run by their Registered Associate Nutritionist, Meg Butler. Meg helps and supports people to improve their nutrition and overall diet through education, coaching, and behaviour change. The talks are always on the **3rd Thursday of each month, at 10am**. There's no charge, although a donation is always welcome, and you don't have to book.

Here's what's coming up:

20th August – The Truth About Sugar

17th September – Benefits of the Mediterranean Diet

15th October – Gut Health

19th November – Nutrition Through Winter

17th December – Healthy Choices

All sessions funded by Sutton Coldfield NNS.

Age Connects West Midlands – Carer Rest 'N' Refresh



Carer Rest 'N' Refresh

Centres across Birmingham open Monday to Friday

Sessions designed to give carers a much needed break
 Providing safe, supportive respite
 Up to 2.5 hour sessions
 Personal care offered
 Inclusive, stimulating activities
 Flexible & tailored sessions

To find your nearest centre please contact us

Phone: 0121 362 3650

Email: hello@ageconnectswm.org.uk

www.ageconnectswm.org.uk



Age Connects West Midlands (formerly known as Age Concern Birmingham) offer a Day Care service dedicated to enriching the lives of older adults. The service meets the individual care and support needs of citizens while providing a friendly, engaging space with a community feel.

Day Care is available in Sutton Coldfield at The Laurels – Mere Green and Sutton Rose – Boldmere, on both a daily and respite basis.

Carer Rest 'N' Refresh is designed to give carers a much needed break, providing safe, supportive respite up to 2.5 hours. They can be booked the evening before or on the morning of attendance. These shorter visits are perfect for carers who need time for appointments, shopping, or a short break. The cost is £25 (with optional lunch £6 and pudding £1.50).

To find out more, please call **0121 362 3650** or email **hello@ageconnectswm.org.uk**

Current venues within Sutton Coldfield and days of operation include:

Monday, Wednesday and Thursday – The Laurels, Grange Lane, B75 5JX

Wednesdays – Sutton Rose, St Michaels Rd, B73 5FU

SPREAD THE WORD

Check and Connect



Check and Connect

Do you or someone you care for have a Learning Disability?

If you are aged 14 or over, you have the right to a **FREE Annual Health Check!**

An Annual Health Check is a chance to:

- ✓ Talk about your health
- ✓ Ask questions
- ✓ Make a plan to help you stay well

Ask your GP to add you to the Learning Disability Register to request your free Annual Health Check.



In partnership with:



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Ask your GP to add you to the Learning Disability Register to request your free Annual Health Check.

It's a chance to talk about your health, ask questions and make a plan to help you stay well.

Child Bereavement UK



At Child Bereavement UK, we help families to rebuild their lives when a child grieves or when a child dies.

We offer free, UK-wide, accessible online grief support to children and young people (up to 25) who are bereaved or facing the death of someone important, and the parents and carers of babies and children who are dying or have died.

Instant bereavement support

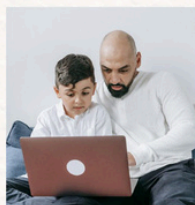
No appointment needed or long wait times, just support when it's needed. Our trained bereavement specialists are available to speak with **Monday to Friday, 8am-8pm** (excluding bank holidays).

Group support & one-to-one

Our bereavement specialists explore the person's individual needs and assess if they could benefit from **one-to-one or group support**.

Our services are available to individuals of any gender or gender reassignment, marital or civil partnership status, disability, race, religion, faith, belief, or sexual orientation. We will endeavour to source interpreters / BSL interpreters where needed / possible.

Child Bereavement UK is a Registered Charity (England and Wales) 1061359, (Scotland) SC041140



Trusted information & resources

Free online tools, content, guides, and publications to help people understand their grief and feel less alone, and to help the people around them feel confident supporting them.

How we help professionals

We offer tailored advice and a range of training and education programmes, which aim to help professionals support children, young people, parents and carers.



Winston's Wish and Child Bereavement UK have come together so that we can be there for more grieving children, young people and parents than ever before.

Everything that made both organisations special will remain - our compassion, our expertise and our commitment to be here for you whenever you need us.

If you've had support from us before, whether through Winston's Wish or Child Bereavement UK, please know that we're still here for you. Some services might look a little bit different, but our commitment to you is exactly the same. **We're here to help you find ways to cope and live with grief.** Our support will always be expert, free, run by real people, and tailored to your needs.



Support is available for you to pick up and put down whenever you need it, wherever you live in the UK, whatever you're going through. Our trained bereavement specialists are available to speak with **Monday to Friday, 8am-8pm** (excluding bank holidays):



Call our free helpline: 0800 02 888 40



Email: ask@childbereavementuk.org



Text or WhatsApp us: 07418 341 800



Visit: childbereavementuk.org and click the 'Chat with us' button



Child Bereavement UK is a Registered Charity (England and Wales) 1061359, (Scotland) SC041140

Child Bereavement UK, help families to rebuild their lives when a child grieves or when a child dies. They offer free, UK-wide, accessible online grief support to children and young people (up to 25) who are bereaved or facing the death of someone important, and the parents and carers of babies and children who are dying or have died.

- ★ Instant bereavement support
- ★ Trusted information & resources
- ★ Group Support & one to one
- ★ Support for professionals

To find out more please call the free helpline: 0800 02 888 40
or email ask@childbereavementuk.org

Minworth Community Engagement Event Saturday 25th July 2026



SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

Birmingham City Council

MINWORTH COMMUNITY ENGAGEMENT DAY

An opportunity to see what is on offer in other parts of Sutton Coldfield, to inspire potential projects in Minworth

**SATURDAY 25TH JULY 2026
12-4PM**

**SAMPLE FOOD FROM AROUND THE WORLD.
ARTS & STORYTELLING PLUS IRISH TREATS
AND LIVE MUSIC**

**ST. GEORGE THE MARTYR
CHURCH HALL, B76 9BU**

**JOIN US FOR THIS FREE EVENT
DISCOVER BELLBOATING, TRY A NEW CRAFT,
EXPLORE LOCAL SERVICES**

Organised in partnership with: Birmingham Irish Association, St. George the Martyr Church, Young Stars, Age Connects West Midlands, Community Environmental Trust, Ceol Creatives Ltd, St Johns Ambulance Service, Our Place/Bridging Communities

Sutton Coldfield NNS is currently working in partnership with St. George the Martyr Church in Minworth and is pleased to launch the **Minworth Community Engagement Day**. The event will take place on **Saturday, 25th July 26, 12-4pm**.

The afternoon will provide the opportunity to see what is on offer in other parts of Sutton Coldfield, to inspire potential projects in Minworth.

There will be free food from around the world, bellboating, try a new craft, live music, storytelling, Irish treats and explore local services!

Minworth Community Engagement Day
 **Saturday 25th July 2026**
 **12-4pm**
 **St George the Martyr Church Hall, B76 9BU**

NNS Networkers out and about



NNS Networker Suzy represented Sutton Coldfield NNS at 'St Michael's Goes Wild', a fun-filled summer church fayre celebrating nature, sustainability and community earlier this month.

"It was great to promote the Communitia Allotment Group and wider Age Connects West Midlands services at the 'St Michael's Goes Wild' eco-themed fayre last weekend. St Michael's Church garden area was filled with stalls and information booths and had great attendance from the local community. We were able to share produce grown on our plot which drew people to our stall, and sparked conversations and reminiscence."

STORY OF DIFFERENCE

Youngstars Community Hub



Last year Sutton Coldfield NNS identified Minworth as an area with a gap in community activity provision. As a result, we developed a project with Youngstars Community Hub who were funded to provide Meet & Move sessions for the over 50's. The project is currently just over its half way point, so we were keen to find out how they got on.

As well as providing gentle exercise, the group also actively signpost and share information about services, resources and activities available. Participants of the group have also supported the promotion of the sessions, leafleting their local streets and public spaces. The group has grown quickly, the first session attracting 10 people – a mix of men and women, with positive connections made in the first couple of weeks. There has been very positive feedback about the instructor sessions and the music used is enjoyed by everyone! The group have become very social and have an active WhatsApp group sharing information, photos, and updates.

We hear from 'S' aged 75-84 – a single man who has attended regularly, mentions, "I am a man who lives on his own and barely went out and lost track of what day it was. And as a result of that I didn't move much. Mobility and muscle tone were being reduced. I joined in November to reverse that. I feel a lot better in my outlook. We test ourselves (sit to stand) and I have gone from 10 to 15 repetitions. My coordination has improved. I have more confidence going up and down stairs."

Quotes from other participants include:

"More flexible – more energy."

"Many thanks for sessions so far!"

"Improved balance – rheumatic pain improved."

"Fantastic group of people."

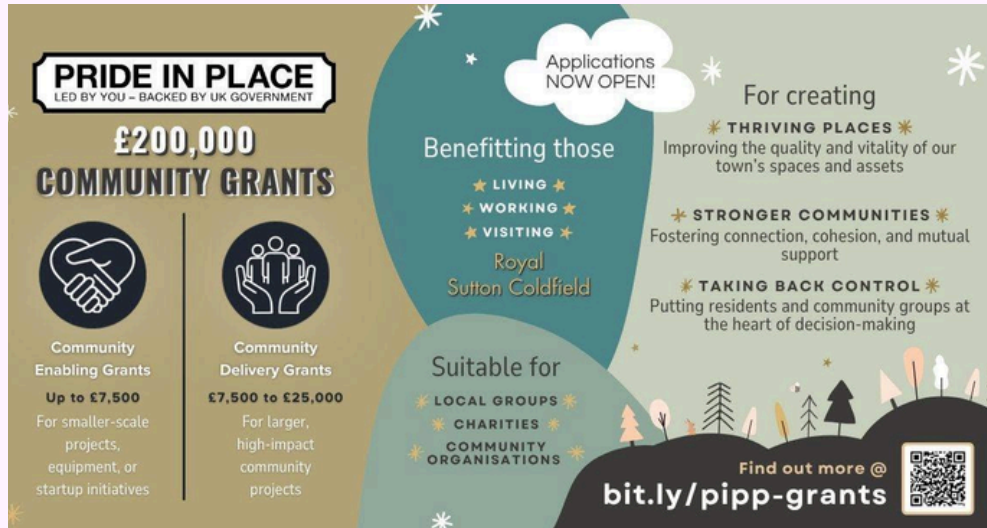
"Very happy with what we have."

"Meeting new people and feeling better in myself."

"We so look forward to our Wednesdays."

You can find Youngstars Community Hub at our upcoming Minworth Community Engagement Day on Saturday 25th July, 12-4pm, St Georges the Matyr Church Hall!

Pride-in-Place – Community Grant Applications now open



PRIDE IN PLACE
LED BY YOU – BACKED BY UK GOVERNMENT

**£200,000
COMMUNITY GRANTS**

Community Enabling Grants
Up to £7,500
For smaller-scale projects, equipment, or startup initiatives

Community Delivery Grants
£7,500 to £25,000
For larger, high-impact community projects

Applications NOW OPEN!

Benefitting those

- * LIVING *
- * WORKING *
- * VISITING *

Royal Sutton Coldfield

For creating

- * **THRIVING PLACES** *
- Improving the quality and vitality of our town's spaces and assets
- * **STRONGER COMMUNITIES** *
- Fostering connection, cohesion, and mutual support
- * **TAKING BACK CONTROL** *
- Putting residents and community groups at the heart of decision-making

Suitable for

- * LOCAL GROUPS *
- * CHARITIES *
- * COMMUNITY ORGANISATIONS *

Find out more @ bit.ly/pipp-grants

Applications Now Open for a total fund of £200,000 in Community Grants! Since launching the delivery phase on 5 June, the Pride in Place programme is officially underway in Sutton Coldfield and is seeking applications from local groups, charities, or community organisations working to make a difference in their community.

A **total pot of £200,000** is available across two different grant tiers:

Community Enabling Grants (Up to £7,500) – Perfect for smaller-scale projects, equipment, or startup initiatives. **Community Delivery Grants (£7,500 to £25,000)** – Designed for larger, high-impact community projects.

If you are a local group, charity, or community organisation dedicated to making a difference for those living, working, or visiting Royal Sutton Coldfield, we want to hear from you. We are looking for projects that align with the Pride in Place programme's three objectives:

Thriving Places – Improving the quality and vitality of our town's spaces and assets.

Stronger Communities – Fostering connection, cohesion, and mutual support.

Taking Back Control – Putting residents and community groups at the heart of decision-making.

Scan the QR code in the image or click the link below to review the eligibility criteria and submit your application today! Find out more and apply here: bit.ly/pipp-grants

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

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

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

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

 0121 362 3650

 nns@ageconnectswm.org.uk

 [Sutton Coldfield NNS](#)