



## Banners Gate & Parklands Community & Neighbourhood Forum

206 July 2026

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

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Councillor John Cooper, Sutton Vesey Ward:

It has now been 8 months since Sutton Coldfield Town Council took over the management of Boldmere Library, saving it from closure under the then labour controlled City Council. Not only did they take this library, Walmley library and Mere Green Library along with the community centres at Walmley and Mere Green were taken under its wing as well. This has resulted in investment in all three centres bringing the up to standard previously lost under the then City Council.

Those using the libraries have responded with increased usage, the extra day opening has been welcomed universally and the fact that these valuable community resources are no longer under threat is welcomed by all.

I felt uncomfortable from the start that the Town Ranger service was just filling the gap purposely created by the Labour City Council. As time has gone on I have come to accept that the only way our town will be kept clean and safe is because of the service we now enjoy is provided locally by the Ranger Service, exclusively for the

Town.

You might have noticed the gradual build up of bedding plants, in borders, in tubs and on railings and in hanging baskets throughout the Town in recent days. Another service provided exclusively for the Town by the Rangers.

In regard to waste collections, Residents will also;

- be receiving a fourth bin for paper and cardboard, with your existing recycling bin now only for glass, plastic, tins etc. (you will not have to use the paper hopper anymore)
- residual household (black bin) will move to fortnightly from next week.
- recycling collection should then restart on alternative fortnights (ie both recycling bins).
- be receiving a small food waste bin and caddy which will be collected weekly.
- the garden waste service is still suspended.

June '26

[John.cooper@suttoncoldfieldtowncouncil.gov.uk](mailto:John.cooper@suttoncoldfieldtowncouncil.gov.uk)

[John.cooper@birmingham.gov.uk](mailto:John.cooper@birmingham.gov.uk)



**Cllr Anja Pawson**

**City Councillor & Town Councillor for Sutton Vesey**

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

## Our Work in the Community



**Left:** Cllr Anja Pawson and John Cooper are working hard to keep Sutton Vesey looking its best. With support from the Royal Sutton Coldfield Town Council Town Rangers, they arranged graffiti removal on Longmoor Road and hedge trimming outside Boldmere Primary School.

**Right:** At the last Full Council meeting, Cllr Anja Pawson handed in four petitions to reject change of use planning applications for: 229 Chester Road, 56 George Road, 52 Elizabeth Road and 1 Coppice View Road. Thank you to everyone who signed the petitions.



**Left:** At a local event with the Chief Inspector and local neighbourhood police teams, Cllr Anja Pawson spoke about the role of a Councillor and the ways we work together with the police to support the community.

Email us: [veseyward@gmail.com](mailto:veseyward@gmail.com)

Follow us on Fb: VeseyNews





# FOOD WASTE COLLECTED EVERY WEEK

# RECYCLABLES COLLECTED EVERY 2 WEEKS

## BROWN CADDY FOOD WASTE



YES PLEASE

|  |                               |
|--|-------------------------------|
|  | Fish, meat and bones          |
|  | Leftovers and plate scrapings |
|  | Bread, rice and pasta         |
|  | Fruit and veg peelings        |
|  | Teabags and coffee grounds    |

NO THANKS

|  |                                 |
|--|---------------------------------|
|  | Packaging of any kind           |
|  | Black bags                      |
|  | Liquids such as milk            |
|  | Flowers or garden waste         |
|  | Oil or liquid fat               |
|  | Any item that is not food waste |



STEP 1

Line your indoor kitchen caddy with a bag, kitchen towel or newspaper.



STEP 2

When full, remove from the indoor kitchen caddy.



STEP 3

Empty the contents of your indoor kitchen caddy into your outdoor brown caddy.

Then place it at the kerbside each week for collection.

Put any peelings, raw food into your indoor kitchen caddy.

Wylde Green Newskiosk



## BLUE LID BIN GLASS, PLASTIC & METAL

YES PLEASE

|  |                                                         |
|--|---------------------------------------------------------|
|  | Plastic milk and water bottles with lids                |
|  | Household plastic bottles                               |
|  | Plastic yoghurt pots, empty food tubs or raw meat trays |
|  | Aerosol cans                                            |
|  | Clean foil and foil trays                               |
|  | Aluminium drinks cans, food tins                        |
|  | Glass bottles                                           |
|  | Empty jars                                              |
|  | Food and drinks cartons                                 |



## GREEN LID BIN PAPER & CARDBOARD

YES PLEASE

|  |                                       |
|--|---------------------------------------|
|  | Empty cardboard boxes and packaging   |
|  | Cereal boxes and food boxes           |
|  | Empty toilet rolls                    |
|  | Newspapers and magazines              |
|  | Egg boxes                             |
|  | Junk mail, envelopes and office paper |

PLEASE EMPTY AND RINSE ITEMS

ONLY CLEAN, DRY PAPER AND CARD PLEASE

NO THANKS

|  |                                  |
|--|----------------------------------|
|  | Food waste                       |
|  | Batteries and Vapes              |
|  | Nappies                          |
|  | Greasy food boxes or pizza boxes |
|  | Garden waste                     |

- Coat hangers
- Light bulbs
- Drinking glasses
- Heat resistant glassware or cookware
- Paint tins
- Black food trays / hard plastic
- Textiles / clothes / shoes
- Gas bottles / canisters
- Electrical items



From Rob Pocock, Community Campaigner, Sutton Vesey

## A VISIT TO THE HOUSE OF LORDS!

Last week I was able to complete one of my life's ambitions – taking tea on the Terrace of the Houses of Parliament overlooking the river Thames!

I've run tours of the House of Commons many times but never done the Lords and never made it to the Terrace – you need a personal invite for that. Luckily Lord 'Jeff' Rooker of Perry Barr, who I have known since the 1980s, did me the honours this time!

[see pic]



Jeff managed to get me a guest pass from 'Black Rod' to actually sit in the Lords chamber while the final debates of the summer session were proceeding. The Lords is actually much more strictly traditional than the Commons – I got firmly reprimanded by the Stewards for stepping just 2 inches over the 'dividing line' at the entrance which separates the walkway of their esteemed Lordships from the one for us commoners...

The Lords Chamber itself is also immensely more ornate than the Commons. The green leather benches of the Commons are about

the brightest thing about the place, but the Lords (red benches) is a different story altogether. Bedecked with gold carved porticos, stained glass windows and high painted roof cornices and ceilings, plush red carpet etc, the actual chamber is stunning.

One surprise to me though, during the debates, was the absence of an overseeing Speaker to call members in to speak. The Commons Speaker will firmly call a member in by reference to their constituency. But in the Lords there is no such oversight – their Lordships just 'butt in' on each other – basically the biggest loudmouth gets to speak next. Apparently, this traces back to an ancient custom that a Lord cannot be overseen by a higher authority other than the monarch – and even that is disputed!

The Terrace Tea by the way is actually a no-frills experience – just a basic cuppa from a machine! I'm not sure that was worth waiting for, and I bet that visiting dignitaries get a classier offering, but the riverside experience itself was spectacular and altogether a day I will never forget.





## How can the National Emergency Briefing help change the world?

### National Emergency Briefing

*"That's our home, it's the only one we've got. It's where all of our species has lived and died, everyone, every single human.*

*It's where we breathe, it's where we eat, we laugh, we cry, we love, we hate and as far as we know, together with all the other wonderful life on Earth we are the only known life forms in the universe and we've got nowhere else to go."*

*Chris Packham - CBE*

On Thursday 30<sup>th</sup> July a National Emergency Briefing film was shown to residents at Banners Gate Community Hall during the forum meeting.

The film presented by Chris Packham, featuring scientists, and well-known celebrities like Deborah Meaden and Jenifer Saunders explains the facts surrounding climate change and what actions can be taken to adapt to our new climate, and how to reduce carbon emissions.

The briefing set out the implications of climate change and nature breakdown for health, food systems, national security and the economy.

The showing of the film was impeccably timed as the week's news had reported that a drought had been declared in the West Midlands, wildfires were burning in the UK and in France, Spain & Germany, and we were in the grip of our 4<sup>th</sup> heatwave.

History suggests that societies are more resilient when people are trusted with the truth.

Human beings are capable of extraordinary wisdom, creativity and cooperation - but usually only when we engage honestly with reality, and with one another. Societies function best when difficult issues can be discussed openly, evidence is taken seriously, and long-term wellbeing matters more than short-term advantage.

At a time when public trust is under strain, we believe some values matter deeply and deserve renewed emphasis in public life: a non-negotiable commitment to truth, respect for the dignity and equal worth of every person, and recognition that human prosperity ultimately

depends upon the health and stability of our living world, of which we are part.

The role of the NEB is not to tell people what political views they should hold, nor to promote a particular ideology or party-political programme. It is to help create the conditions in which citizens, communities and decision-makers can engage honestly and constructively with the realities we face.

The aim:

We are calling for a wartime-scale response to the climate and nature crisis.

The first step towards this is for government to level with the public by staging a prime-time, multi-channel televised national emergency briefing to the nation.

Such a briefing would launch a major public engagement plan, combatting rising disinformation and securing support for the urgent action now needed.

After the showing of the film there were positive and insightful discussions about what they had learned, and how they could take further action.

Attendees supported contacting their MP and local councillors to urge them to support the campaign for a prime time viewing as well as discussing hosting further events in their community spreading the message further.

They explored how climate change could impact Sutton Coldfield, and its residents and thought of the local opportunities to address the issues raised in the film, with everyone in the room expressing concern about how our weather is changing but feeling that by working collectively it's not too late to avoid the worst impacts.

Below is the link to the website where you can view the briefings that supported the film:

[NEB Expert Briefings - Key Points.pdf - Google Drive](#)

Future screenings can be found here:

<https://www.nebriefing.org/screening-map>

To contact Andrew Mitchell MP please use this address  
[andrew.mitchell.mp@parliament.uk](mailto:andrew.mitchell.mp@parliament.uk)

Article by: Rebecca Clarke

Sow Very Vesey / Friends of Boldmere & Banners Gate





## **Tips for people feel safer on the streets**

Some of this advice might seem obvious, but there are some simple things we can do to help other people feel safer when they're out in public.

### **Keep your distance**

When walking behind someone, particularly at night, try to leave a good amount of distance between yourself and the person ahead of you. Remember that the closer you are, the more threatening you might seem.

### **Don't stare**

A stranger staring at you can be intimidating and unsettling. Focus on something else to show you're not a threat. Look out of the window, message a friend, or read a book or newspaper.

### **Cross the road**

Somebody running up behind you, particularly at night, can be frightening. If you're out for an evening run, or walk, and see someone walking ahead, cross the road, call out to let them know you're about to run by them or make sure to leave a good amount of space when you pass them.

### **Keep comments to yourself**

What you might think of as just a bit of fun, or flattery, can be insulting, upsetting or even scary to someone else. Keep any comments or opinions to yourself.

### **Keep your friends in line**

If you're in a group of people where someone is harassing another person on the street, try to calm the situation. They may just need to be told that they're behaving inappropriately.

### **Be an active bystander**

If you notice someone is uncomfortable with another person's behaviour, show your support by being an active bystander. It can be as simple as standing between a person and their harasser to block their line of sight. Ask that person if they need any help, and back up anyone else who is intervening.

### **Share these tips**

Sharing these tips with other people can go a long way towards making us all feel safer on the streets.

**#SaferTownSummer**



# WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.

30 July 2026

[View in browser](#)

## International Day of Birmingham returns



## Council House to be transformed for International Day of Birmingham festivities

Birmingham's iconic Council House is being transformed into The House That Brum Built for this years International Day of Birmingham.

Expect two days packed with incredible events, inspiring people, brilliant food, culture, music, nightlife and plenty of Brummie pride as we celebrate Birmingham across the globe.

On the 24 and 25 September, there will be around 50 events across two days.

Whether you're born and bred in Brum or simply love the city, this is one celebration you won't want to miss.

# Hire Banners Gate Community Hall



*A Center of Excellence within Banners Gate Community,  
For Children's Parties, Meetings, Seminars, Dance Classes and more !  
Banners Gate Community Hall has a fully equipped Kitchen, Disabled facilities,  
A Music and entertainment Hub*

Book with us as below.      **07513 184945**

35 Reay Nadin Drive, Sutton Coldfield B73 6UR, Tel: Jessica 07538794120

## Banners Gate Community Coffee Club

A chance to relax, chat to like minded people, whilst having a cuppa, cake and biscuits all for a generous donation

**EVERY THIRD TUESDAY OF EACH MONTH  
10AM TO 12 PM**

Come and join our Community Coffee Club  
Have a chat and make new friends

**Take part in our free raffle**

**We cater for age groups of 60 years Plus**

35 Reay Nadin Drive, Sutton Coldfield B736UR  
Contact Karen and Gary  
07833720015 - garyhall7@blueyonder.co.uk





# MILITARY VETERANS CLUB

HONOUR • SERVICE • SACRIFICE



Scan me!

TOGETHER WE SUPPORT



NEXT MEETING WILL BE AT  
**BANNERS GATE COMMUNITY HALL**  
REAY NADIN DRIVE, SUTTON COLDFIELD B73 6UR



CALL OR  
MESSAGE

**07871 770498 OR 07932 174550**



**18.00  
HOURS**



**THURSDAY  
20<sup>TH</sup> AUGUST**



**TEA AND  
COFFEE  
SUPPLIED**

**BANTER • FRIENDSHIP • RESPECT • SUPPORT**



EXCITING NEWS FOR  
BANNERSGATE CLASSES!

# TAROT CARD READING IN BSL COMING SOON!



TO OUR CLASSES AT  
BANNERSGATE, SUTTON COLDFIELD.

INTERESTED? JOIN THE JOURNEY!

PLEASE CONTACT SILVER ON:



**07825 255 042**



## Older adults Day care in Sutton Coldfield

Our Day Centres are all about enriching the lives of older adults — we're dedicated to meeting the individual care and support

needs of our citizens while providing a friendly, engaging space where they can truly feel part of a community. Every day, we aim to

create a positive, stimulating environment that promotes wellbeing, independence, and connection.

We're proud to provide welcoming, well-established Day Centres for individuals aged 50 and over, located in Mere Green and Boldmere.

With over 14 years of experience, our team is passionate about supporting older adults to live fulfilling lives through personalised

care, engaging activities, and meaningful social connections.

Our daily rate is £45.50, which includes a light breakfast, a freshly prepared two-course lunch, and regular refreshments throughout

the day. Each day is shaped by the citizens themselves — with activities chosen to reflect their interests and abilities — ensuring

everyone can participate in something that brings them joy and purpose.

We understand that joining a new setting can be a big step, so we warmly offer a free trial session. You're welcome to attend with

a family member or carer to get a real feel for what we do and to see whether it's the right fit for your loved one.

Additionally, as a day centre service we are extending our current offers as we understand the demand and need in more flexibility

for both the cared-for and unpaid carers involved. I have put some more information regarding this below:

- **Flexi Days** – For those who find set days difficult, there will now be an option to book more flexible attendance to better suit individual needs.

- **Rest n Refresh Sessions** – New 2.5-hour sessions that 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.

Cost: £25 (optional

lunch £6 and pudding £1.50).

- **Pay as You Go** – We are aware that citizens and their families may be hesitant to commit to contracts straight away. To

support this, we are offering a pay-as-you-go option for up to 4 weeks, giving people time to decide whether regular attendance is right for them.

**Please find our current venues and days of operation below:**

| Days                           | Venue       | Location                                              |
|--------------------------------|-------------|-------------------------------------------------------|
| Monday, Wednesday and Thursday | The Laurels | Grange Lane, Mere Green, Sutton Coldfield, B75 5JX    |
| Wednesday                      | Sutton Rose | ST Michaels Road, Boldmere, Sutton Coldfield, B73 5FU |





# St Columba's Hall Hire

Tables & chairs to accommodate 80 people in comfort

Hall 12m x 12m

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

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

Available for one-off events as well as regular bookings

Bookings available 52 weeks of the year including Saturdays

## Facilities

Large easy access car park with 32 spaces

Ground level wheelchair access to all areas

Male / female/ disabled toilets

A Kitchen is available for hire. Suitable for light refreshments

Please contact Alison Jolley, email: [st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)

for further details.







Age Concern Birmingham  
is now  
**Age Connects West Midlands.**

While our name has changed, our services, values, staff, and commitment to supporting our communities remain exactly the same.

The new name better reflects who we are today - a modern charity bringing people and communities together and celebrating ageing as a positive part of life.

Thank you for your continued support. If you have any questions, please speak to a member of the team.

Check our socials below



# communittea cafe

## What's On

### August 2026

**Opening Times**  
**Monday to Saturday 8:30am - 4.15pm**

**Call us on 0121 362 3650**  
**For bookings, call us on 0121 630 2462**  
**[communittea@ageconnectswm.org.uk](mailto:communittea@ageconnectswm.org.uk)**



**Communittea Cafe is owned and managed by**  
**Age Connects West Midlands**

#### Monday

**Carers Hub drop-in: 9.30am until 12pm - weekly**  
Our advisors can provide information and advice today. Pop in and have a chat, no appointment necessary.

**Warm Welcome: 9:30am until 12pm - weekly**  
Come and join us in our cosy cafe!

**Knit and Natter: 10am until 12pm - weekly**  
Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

#### Tuesday

**Allotment Group: 10am until 12pm - weekly**  
Talk all things gardening with the Communittea Allotment group, you will find us at the allotment if the weather is nice.

**Dementia Carers drop-in: 10am until 12pm - weekly**  
Drop in advice and information for unpaid dementia carers.

**Stroke Support Group: 10am - 4th and 18th Only**  
Bringing together friends and families who have experienced the impact of stroke through our supportive group.

**Warm Welcome: 10am until 12pm - weekly**  
Come and join us in our cosy cafe!

**Friends For Life Veterans Group: 12pm until 3pm - weekly**  
Our group aims to bring together all ex service personnel to make new friends.

#### Wednesday

**Community Police drop-in: 11am until 12pm - 5th and 19th Only**  
Come along to meet and chat to a Police officer

**Advice Cafe: 11am until 1pm - weekly**  
From benefits advice to saving energy at home. No need to book, just drop in.

**Friendship Group: 11am until 1pm - weekly**  
Come down for a chat and a cuppa - everyone welcome!

**Digital Inclusion: 3pm until 4pm - weekly**  
Joe will be in the cafe lending a hand for all your tech needs!

#### Thursday

**Social Worker drop-in: 10am until 1pm - weekly**  
Come along to meet and chat to a social worker - ask us anything

**Parkinson's UK: 10am until 12pm - 6th and 20th Only**  
A group welcoming those with Parkinson's and their families and carers.

**Knit and Natter: 2pm until 3:30pm - weekly**  
Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

**Craft and Knit Group: 10am until 12pm - weekly**  
Come along to our new craft group, previously held at the Sutton Library. Don't forget to get yourself a cuppa and maybe even a slice of cake.

**AWOC Support Group: 10am - 11:30am - 27th Only**  
Are you growing older without children nearby - or without children at all? Our Ageing Without Children group offers a warm, welcoming space to share experiences, build friendships and support one another.

#### Friday

**Art Group: 10am until 11.30pm - weekly - Waiting list to join**  
A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment. Contact Angie for availability 07789 408956 or email [angie@therecoveryfoundation.org.uk](mailto:angie@therecoveryfoundation.org.uk)

**Advice Cafe: 11am until 2pm - weekly**  
One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

**Chatty Cafe: 2pm until 4pm - weekly**  
Come down for a chat and a cuppa - everyone welcome!

#### Saturday

**Legal Services Drop In: 10am until 12pm - 1st August Only**  
Drop in to speak to our legal partner Jane from Wills Made Clear if you need advice on a will, lasting power of attorney or trusts!

**Reduced VAT on kids meals until September 1st**

## Birmingham's Mobile Library Service

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

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

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

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

It currently operates **every 2nd, 3rd and 4th Monday between 10.00 – 11.00 parked** outside Sutton Park Academy on Coppice View Road, B73 6UE.

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

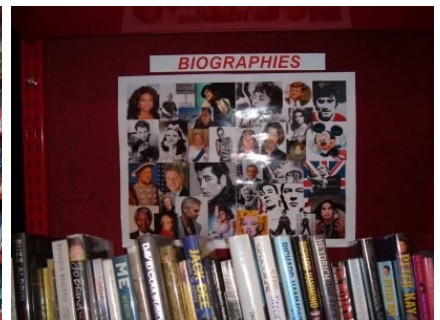
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171    Mobile: 07766 923344

Email: [mobile.library.service@birmingham.gov.uk](mailto:mobile.library.service@birmingham.gov.uk)

FaceBook: Mobile Library Service - Birmingham UK    Twitter: bhammobilelib

[www.birmingham.gov.uk/mobile-library](http://www.birmingham.gov.uk/mobile-library)





## What's On at Streetly Community Library

### Spring/Summer 2026

Tuesday 19th May 11-12 Crime Club Reading Group

Wednesday 20th May 10-12 Knit, Stitch & Chat

Saturday 23rd May 2-3 Drop-in Help with your Mobile Phone

Tuesday 26th May 10-12 Chess Club for Adults

Wednesday 27th May 10.30-11.30 Drop-in Half Term Crafts

Wednesday 3rd June 11-12 Adult Reading Group

Saturday 6th June 10.30-12 Lego Fun

Tuesday 9th June 10-12 Chess Club for Adults

Wednesday 10th June 10.30-12 Poetry Group

Tuesday 16th June 11-12 Crime Club Reading Group

Wednesday 17th June 10-12 Knit, Stitch & Chat

Saturday 20th June 9.30-10.30 Mental Health Drop-in - *no appointment needed*

Tuesday 23rd June 10-12 Chess Club for Adults

### Plus

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

Story & Rhyme Time for pre-school children every Friday in term time 10.30-11

Blackwood Road, Streetly, B74 3PL

01922 654864    [streetlylibrary@walsall.gov.uk](mailto:streetlylibrary@walsall.gov.uk)

# Sutton Coldfield Repair Cafe



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

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

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

Next events:-

11<sup>th</sup> October at Wylde Green United Reformed Church.

8<sup>th</sup> November at Wylde Green United Reformed Church.

13<sup>th</sup> December at Wylde Green United Reformed Church.

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





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

## Holland House Children's Centre

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

## Emmanuel Church

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

Car park available

Limited parking is  
Pay and Display

## Falcon Lodge Methodist Church

Newdigate Road, B75 7ER

Street parking only



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**



# WOMEN'S CONFIDENCE CIRCLE

A supportive weekly space for women ready to reconnect with themselves, grow, and feel grounded again.

This circle helps you -

- \* Build confidence from the inside out
- \* Feel calmer and more centred
- \* Connect with like-minded women
- \* Grow without pressure or judgement

Banners Gate Community Hall, 335 Reay Nadin Dr, Royal  
Sutton Coldfield B73 6UR

Every Wednesday — 7pm

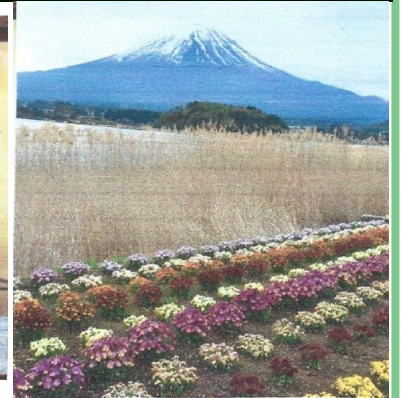
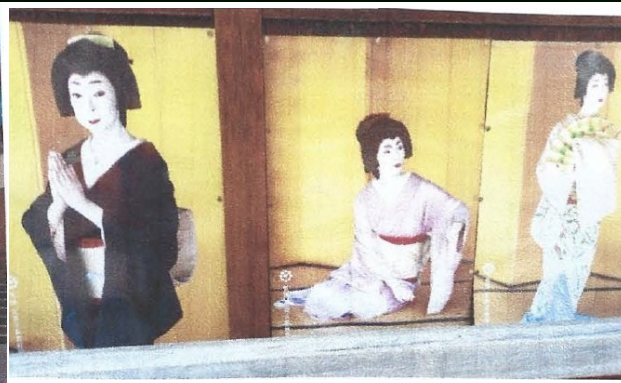
07564 750526

Limited spaces — message for more information & to  
reserve your spot.

£5 per  
person

Find us on Facebook: Women Who Rise – Confidence  
Circle





### **An Adventure in Japan**

MY wife and I thought long and hard about travelling to Japan, we are both of a certain age and we thought the travelling might be too much for us. However, we "took the plunge " and we were more than rewarded with such a magnificent Country and People.

We decided to travel in April to see the Cherry Blossoms in bloom, we were more than rewarded with the magnificent blossoms and we also witnessed the start of the Apple Blossom season.

Japan is a cultural paradox, a rich history of emperors, samurais and martial arts contrasting with a place of tranquillity of geishas, colourful kimonos and exquisite gardens, palaces, temples and shrines.

We travelled on the Bullet Train (Shinkansen) between Tokyo and Osaka and then onto Hiroshima. The train travels at more than 200mph without you noticing the speed because of the amazing smooth ride. The only negative is that you only have 2minutes to get on/off the train. The train doesn't wait and is never more than 20 seconds late and the timetable is guaranteed.

We saw the famous sites of Tokyo including the world-famous Shibuya pedestrian crossing, Tokyo's most photographed road intersection and rumoured to be the busiest in the World. The Tokyo Tower and a boat trip around Tokyo Bay.

We enjoyed astonishing views of Mount Fuji, Lake Kawaguchi and the hot spring Mountain Spa of Hakone. Onto the City of Hiroshima and the horrors of war and the atomic bomb, numbing.

A Japanese Tea ceremony, where a cup of green tea takes 45 minutes to make! But what a ceremony to witness with all the exquisite detail and art.

The shops are bright, and colourful, the restaurants and places to eat cater for tastes from all around the World. The longest escalators I have ever seen at Kyoto Railway Station, they seem to go to Heaven.

My overwhelming memory is one of a wonderful clean Country of extremely polite people, no litter, graffiti. No one eats in the Street, and no loud voices are heard.

And so, a return to UK, what a shock in the contrast between the two Countries.

**Boldmere Falcons FC**, established in 1974, have just set up a new Walking Football group in Boldmere for anyone affected by any type of cancer, be it prostate, leukaemia, bone, breast, bowel, skin or any other form of cancer.

Everyone is welcome, gents and ladies, whether you have been diagnosed, undergoing treatment, are under surveillance, in recovery, in remission or supporting someone who is.

The weekly sessions are free to attend every Tuesday and started on 16th June 2026 at 12.30 to 2.30pm at Boldmere Sports & Social Club, B73 5HQ. They have had a great response so far from the local community and still have places available for new players or if you wish to go along to see what is going on please feel free to call in one Tuesday at 12.30pm.

Hour1 starts with a gentle set of warm up exercises, followed by a warmup game and then a game of Walking Football all supervised and run by our on-site Cancer Rehab Exercise Practitioner Mark aided by volunteers from Boldmere Falcons. You do everything at your own pace. You don't need to have played football before and very quickly you soon start to enjoy the camaraderie that quickly develops between everyone.

Hour2 is then held in their clubhouse for tea, coffee, a beer and a chat for general discussion, World Cup especially at the moment, or if you have a health question for Mark he will be there for you. The other group members are also happy to share experiences to help you where they can if you need advice.

They have been supported by Sutton Coldfield Charitable Trust and Sutton Coldfield Group Practice and they are very grateful to them for their funding help, so it is a real Team Sutton effort!! Further support has been given in many different ways from Birmingham County FA, Sutton Coldfield Prostate Cancer Support Group, Prostate Cancer UK, Blood Cancer UK, Macmillan Cancer Support and Good Hope Hospital and many more.

For more information please contact Richard Cotterill on 07840 059348 or email [ckbwfc@gmail.com](mailto:ckbwfc@gmail.com) or alternatively please scan either of the two QR codes to register or for more information.







# CANCER KICKERS BOLDMERE WALKING FOOTBALL COMMUNITY



**FREE  
SESSION**

**EVERY TUESDAY 12:30 - 2:30pm**  
**Starting 16th June 2026**



**@ Boldmere Sports & Social Club**  
**323 Boldmere Road**  
**Boldmere**  
**B73 5HQ**

**proudly sponsored by**



**Sutton Coldfield Charitable Trust**

**also sponsored by**



**SUTTON COLDFIELD**  
Group Practice

**FOR MORE INFORMATION  
PLEASE CONTACT:**

Richard Cotterill: 07840 059348  
Email: ckbwfc@gmail.com  
[www.boldmerefalconsfc.co.uk](http://www.boldmerefalconsfc.co.uk)

**FREE Walking Football Sessions for those affected by Cancer**

**WHO IS IT FOR?:** Open to anyone affected by any type of cancer, be it prostate, leukaemia, bone, breast, bowel or any other form of cancer. Everyone is welcome whether you have been diagnosed, undergoing treatment, are under surveillance, in recovery or supporting someone who is... Join us at Cancer Kickers Boldmere Walking Football Community - A welcoming, supportive session designed specifically for individuals impacted by cancer.

**GENTLE PHYSICAL ACTIVITY:** Our session starts with a low-level warm-up, then physical activity to get moving at a comfortable pace.

**WHAT IS WALKING FOOTBALL?:** Experience an introduction to walking football - a fun, non competitive way to enjoy the sport at a slower pace, whilst still keeping active on our 3G AstroTurf mini soccer pitch.

**SOCIAL HUB:** After 1 hour gentle session, relax with tea, coffee and conversation in our friendly social hub in our clubhouse

**ON-SITE SUPPORT:** We have a dedicated cancer rehabilitation exercise practitioner available throughout the session to support you



**Good Hope Hospital**  
Charity

**SUTTON COLDFIELD  
PROSTATE CANCER  
SUPPORT GROUP**

**Football**  
Foundation



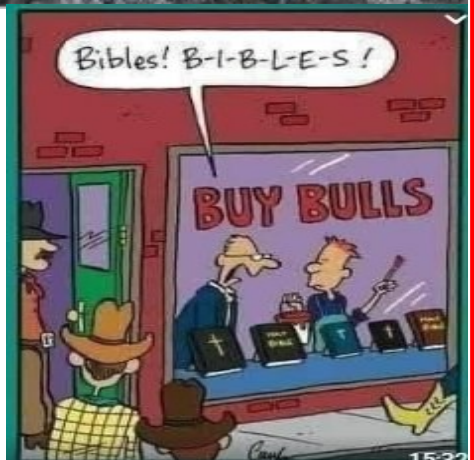
Tesla owners attempting to go on a long roadtrip:



When going fishing, take an Action Figure with you.... it will make your catch look amazing!!!



For those of you who have always lived in the city and have never set foot on a farm, these are what cow eggs look like.





## Here's your quiz, in two parts

1. Which club did Will Carling play for?
2. The Pituitary gland controls the production of what in the body?
3. Who was called the Father of Medicine?
4. Which ancient wall crosses England from Wallsend to Solway?
5. Which musical instrument is a national emblem of Ireland?
6. In which city was the 2005 World Athletics Championship held?
7. In the Bible, which King tried to get the baby Jesus put to death?
8. Speaker's Corner is on the corner of what?
9. What name is given to an organism which is both male and female?
10. Sir Alfred Munnings is famous for painting which animals?
11. STASHING is an anagram of which famous battle?
12. Which soap features the unlikely named character, Mercedes McQueen?

1. In which country is Aceh province, scene of the 2004 tsunami?
2. What nationality cop did Sean Connery play in 'The Untouchables'?
3. What name is a combination of 'Instant Camera' and 'Telegram'?
4. Which animal isle is in the River Thames?
5. What is the Eiffel Tower made from?
6. One of the UK's few native evergreens, what is the common name of heder helix?
7. What type of bars join places of equal atmospheric pressure on a chart?
8. What is Finnish Formula 1 driver Kimi Raikkonen's nickname?
9. Who was the wife of Ferdinand Marcos at the time of his death?
10. Yamoussoukro is the capital city of which African country?
11. Ingvar Kamrad founded which retail chain?
12. Which Canadians speak Inuktitut?

**Answers** 1. Harlequins 2. Hormones 3. Hippocrates 4. Hadrian's Wall 5. Harp 6. Helsinki 7. Herod 8. Hyde Park 9. Hermaphrodite 10. Horses 11. Hastings 12. Hollyoaks 1. Indonesia 2. Irish 3. Instagram 4. Isle of Dogs 5. Iron 6. Ivy 7. Isobars 8. Iceman 9. Imelda Marcos 10. Ivory Coast 11. Ikea 12. Inuit (Eskimos)

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

**Approx. 4" long,  
metal, found inside a  
vintage ice bucket.**



1

**This paddle with a  
small, embedded  
magnet and some cut-  
out holes bought at a  
thrift store.**



2

**This 2-foot by 1-foot  
hinged metal cabinet  
built into the wall in  
someone's home  
between their kitchen  
and bedroom.**



3



# DANCE ARGENTINE TANGO



*with Franco & Julia*

Now at: Oscott Social Club  
Witton Lodge Road. B23 5LX

**Thursdays 8.30—8.45pm**

Fundamentals and techniques with  
practise time

**8.45—10pm**

With practise time

Improvers / intermediate level

Taking your tango to the next level

**\*Please wear non-rubber sole shoes\***



**Contact: Julia 0779 008 4218**

## Answers from last page

1. It's hinged to the brass button so all you have to do is pull the leather cord to ring the bell.in the bar.
2. That's a fly-tying tool holder. The magnet is for holding hooks. The larger hole is for a bobbin, and the two smaller holes are for scissors. You keep your best one for thread and one for materials. The small holes are for whip finishers, dubbing needles, hitch tools, and the like. It's a useful thing; I'm forever losing my smaller tools.
3. It's a shoe care cabinet. My great-aunt called hers a polishing stand.

## Things you may not know in Wales

The fantasy Moorish design of the Arab Room, reminiscent of pre-Raphaelite visions of harem rooms, was designed in the 1880s by architect and medieval revivalist William Burges for the castle's Victorian-era owner, John Crichton-Stuart, the 3rd Marquess of Bute.

The architect was inspired by his extensive travels as well as the works of French Orientalist Emile Prisse d'Avennes, who published a popular collection of Arab designs in 1877. Described as "arguably the apogee of Burges's work as an interior designer," the Arab Room is stunning even amongst the grand halls, gardens and wood-panelled library Burges created at Cardiff Castle.

In order to accommodate the Arab Room's elaborate high-vaulted ceiling, the upper two floors were removed. The ornate golden ceiling is not simply gold paint but is in fact pure gold-leaf painstakingly applied by hand. While the use of gold leaf is commonplace throughout the opulent property, it is estimated that the gold in the Arab Room alone amounts to a whopping £8 million.

Cardiff Castle itself dates back to at least the 11th century at the site of a much earlier Roman Fort. Traces of the [Roman wall](#) can be seen as well as the Norman Shell Keep in the centre. The residence and garden grounds of the castle were extensively overhauled under that patronage of the 3rd Marquess of Bute, who allowed Burges a perfect playground to exercise his passion for Gothic and medieval design, mingled with a romantic Victorian sensibility. Throughout the building eclectic architectural and cultural influences commingle under elaborate fantasy ceilings.

William Burges died in April 1881, before the Arab Room was completed. In memorial, Crichton-Stuart had the words, "John Marquess of Bute built this in 1881. William Burgess designed it" carved into the overmantel in Latin.







Simply School Supplies C.I.C is a community interest company committed to reducing inequalities in the school environment. In our first six months of operating, we have helped over 300 children with school uniforms. We do this by collecting and sorting pre-loved school uniforms and making them available through pop-ups, an online second-hand uniform shop, partnerships with local schools, and a referral scheme for local children's charities. Everything we do is to promote equal opportunities in the school environment for all children.

This year, we aim to support 500 children, and we can only do this with your support. To meet our target, we need to raise £2,500 to purchase the branded items we do not have in stock. In the coming months, we will be fundraising at local craft fairs, conducting bucket collections at Asda Queslett, and partnering with local schools and charities to reach as many families as possible.

This is your invitation to join our appeal, whether by simply following us on Facebook to help spread the word or by donating your old uniform at one of our donation points. More information about our events, donation points and volunteering opportunities can be found on our website at [www.simplyschoolsupplies.co.uk](http://www.simplyschoolsupplies.co.uk).

Any support is greatly appreciated.

#### **Nearest Donation Points:**

- St Columbas Church Hall Entrance - Friday and Sunday mornings.
- ASDA Queslett - Trolley by Cafe Entrance, open 24 hours.

# Pilates

Mondays 735-825pm

Starts 15<sup>th</sup> June

£8 per class

07886089473



1

Traditional Pilates Exercises

2

Rehabilitation Exercises

3

Tone Up & Improve Strength

4

Improve Flexibility & Mobility

5

Improve Sleep & Well Being

6

Improve Balance & Coordination

**Lighthouse Church | St Mary's,  
Tyburn Rd, Birmingham B24 0TB**



# Tech Giant

BUY • SELL • REPAIR • EXCHANGE

 Apple  SAMSUNG  XBOX  Pixel  PS5

**Free screen protector with any screen replacement!**

## OUR SERVICES

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- ▶ Laptop Screen Replacement
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- ▶ Mobile Phone Accessories
- ▶ Mobile Phone & Tablets Software Installations
- ▶ Playstation Repairs
- ▶ X Box Repairs
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**0121 824 7741**



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



**25 Boldmere Road, Sutton Coldfield B73 5UY**

# Book a household recycling centre appointment

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

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

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

## **Sutton Coldfield**

Norris Way, B75 7BB

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

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

## **Booking**

You can book:

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

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

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

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

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

## [Book an appointment](#)

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

- driving licence
  - utility bill
- Council tax bill - paper or digital

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





**Independent  
Age**



## Free benefits check for people over 65

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

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



“

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

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

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

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

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

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



**Independent  
Age**

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

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

16-AMG-229-A

## StreetSafe ONLINE REPORTING TOOL

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

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

You can anonymously report behavioural or environmental concerns such as:

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

Visit **[Police.uk/StreetSafe](http://Police.uk/StreetSafe)**

StreetSafe is not a crime reporting tool.  
To report a crime visit: **[www.west-midlands.police.uk](http://www.west-midlands.police.uk)**



NYW10022



# Sutton Cottage Redevelopment Plans



**Extensive refurbishment**

**Integrated health service**

**Wellbeing hub for older adults**

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

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

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

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

**NHS**

## While construction work is going on ...

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

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

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

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

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



## Comments or Questions?

Please email us at [info.bchc@nhs.net](mailto:info.bchc@nhs.net)  
Scan the QR code on the left for future updates, or visit: [bhamcommunity.nhs.uk/new-sutton-cottage](http://bhamcommunity.nhs.uk/new-sutton-cottage)




**BRITISH ELDERLY CARE SERVICES**

## Delivering Complex care with independence

Our local caregivers provide home care while maintaining freedom.

Contact : **BRITISH ELDERLY CARE BIRMINGHAM**

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

[rose@britishelderlycare.com](mailto:rose@britishelderlycare.com)

Tel : 01213691699

[www.britishelderlycare.com](http://www.britishelderlycare.com)

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

## Compassionate care just for you.



**BRITISH ELDERLY CARE SERVICES**

• Supportive • Honest • Innovative • Credible

**Companionship**

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

**Dementia**

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

**Respite**

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

**Complex care**

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

**After Stroke**

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

**Building a Better Life for you and your loved ones.**



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

[Birmingham Talking Newspaper For The Blind And Visually Impaired](#)

[btnbvi.org](http://btnbvi.org)

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

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

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

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

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

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

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

We particularly need good quality:

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

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

British Heart Foundation

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

0121 355 5848

For furniture collections  
visit: [bhf.org.uk/collection](https://bhf.org.uk/collection)

*giftaid it*

©British Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426). BHD5372



# Holistic Healing

## through Sound Vibration, Movement and Nutrition

A unique journey into self-healing through ancient practices for modern wellbeing and a balanced lifestyle.

Join us for a **FREE** special week of daily outdoor sessions in Sutton Park

**Monday 11<sup>th</sup> - 15<sup>th</sup> May 2026 at 10am – 11:30am**

**Sutton Park**

**Boldmere Gate Entrance Stonehouse Road B73 5JL**

### Each session includes:

- Gentle movement, Tai Chi & Yoga
- Simple breathing techniques
- Introduction to Raag singing
- Nutrition and healthy lifestyle guidance
- Vocal exercises and scales – open to all, no experience needed

These morning sessions are designed to support a positive shift in mood, energy, mobility, and overall wellbeing.

#### Location:

Near Powell's Pool, close to the Miller & Carter restaurant, by the Boldmere Gate entrance to Sutton Park

Meeting point: Miller & Carter car park



For further enquiries please contact:

Pritam 07773724697 / E: [pritam@drumatised.com](mailto:pritam@drumatised.com)



Sutton Coldfield  
NNS

# 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)

[info@squarepegactivities.org](mailto:info@squarepegactivities.org)

Square Peg Activities Limited,  
**37-39 Gate Lane, B73 5TR**



**Thursdays  
1-3PM**



## **SOCIAL SESSION FOR DISABLED ADULTS & CARERS**

### **Activities**

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

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

**£3 suggested donation**

**To book please email:**

**[info@squarepegactivities.org](mailto:info@squarepegactivities.org)**



**SQUARE PEG  
Activities**

*Where square pegs fit in*

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



Regular activities include:

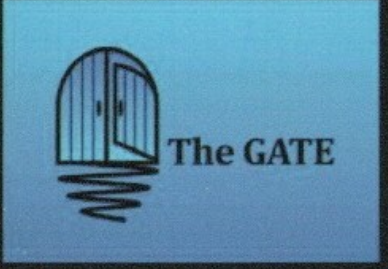
- Pool
- Table Tennis
- Scalextric
- Darts
- PS5
- Get Creative
- Chill & Chat
- Coffee Bar

# The GATE

## Youth Club

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

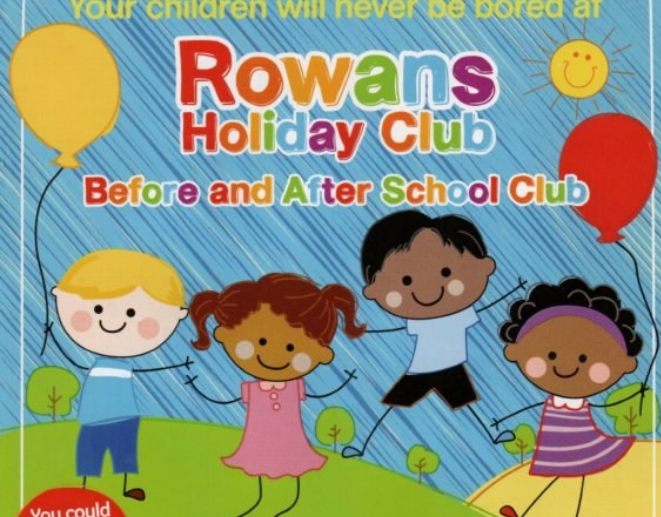
**Banners Gate Community Church**  
**Westwood Road**  
**Email: bannersgatechurch@gmail.com**



Your children will never be bored at

## Rowans Holiday Club

**Before and After School Club**



**You could claim up to 70% on tax credit** (TSC's apply)

**Open Monday-Friday during school holidays from 7.30am-6pm**  
 (Price includes 3 meals a day, snack and drinks)

We also run exciting day trips and outings including

- Conkers activity centre • trips to the seaside
- Sutton park for picnics • Empire cinema
- All staff are qualified, experienced and DBS checked
- Rowans Holiday Club is Ofsted approved for your peace of mind

For more information visit [www.rowans-nursery.com](http://www.rowans-nursery.com)  
 email [rowansnursery@live.co.uk](mailto:rowansnursery@live.co.uk)  
 telephone Becky Jones or Amy Ganley on 0121 354 4120

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

**Ofsted** strong standards improving lives

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

Banners Gate Community Hall

# SOUL YOGA



Schedule

**Monday**  
 6pm Yin  
 7.30pm Hatha

**Tuesday**  
 6am Rise & Shine

**Thursday**  
 9.30am Hatha

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

**07963 044364**



# Friends First

## Safe local spaces to make new friends

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

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



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

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

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



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

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

**AGE**concern  
Birmingham

**Birmingham**  
**ageUK**

**Birmingham**  
City Council

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

On an assessed basis, our Community Reconnectors can provide up to 10 weeks support to individuals who may be isolated/vulnerable or feeling unconfident about accessing/ engaging in the wider community. This project also offers new social experiences/encourages new friendships through our tailored support. Further support is also offered through our new friendship groups situated in Sutton Coldfield and across the city.

Please contact 0121 362 3650 for more information if:

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

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

\*You would like to increase your social opportunities.



*Sunday Mornings  
at St Columba's*

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

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome: everything is explained as we go along and is on a big screen at the front. Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

*You are welcome.*

## St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)



**Slimming World**  
taste the freedom

**FREE membership**  
when you buy a 4 week subscription

eat out and lose weight!

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

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

*Feeding hearts, changing lives*



**Coffee Morning**

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

**Not on Friday 29th December**

All welcome for Coffee, Tea, friendly chat, warm space

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

### Classes at St Columba's Church

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



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

T: 07869 822502 E: [info@hopefood.org.uk](mailto:info@hopefood.org.uk)

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

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

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



# Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything.

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



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

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

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

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

## New Oscott Village Gym

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



Contact us for prices  
and more information:

Jackie.Taylor@extracare.org.uk



**ExtraCare**  
Charitable Trust



# COFFEE MORNING

ARE YOU 50+ AND LOOKING TO SOCIALISE?  
JOIN OUR COFFEE MORNING WITH THE COMMUNITY  
NAVIGATOR AND EXPLORE LOCAL  
SUPPORT AND ACTIVITIES!

CONTACT RANJAN HOATH FOR MORE INFORMATION

## DATES

8<sup>TH</sup> AND 22<sup>ND</sup> JANUARY  
5<sup>TH</sup> AND 19<sup>TH</sup> FEBRUARY  
5<sup>TH</sup> AND 19<sup>TH</sup> MARCH  
2<sup>ND</sup>, 16<sup>TH</sup> AND 30<sup>TH</sup> APRIL  
14<sup>TH</sup> AND 28<sup>TH</sup> MAY  
11<sup>TH</sup> AND 25<sup>TH</sup> JUNE

10AM-12PM

VENUE: OUR PLACE COMMUNITY HUB  
FARTHING LANE  
B72 1RN  
0121 354 4080

FUNDED BY







**MEN WALKING AND TALKING**  
Est. 2021

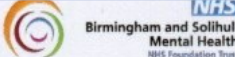


**SUTTON COLDFIELD GROUP**  
**MEETING POINT - SUTTON COLDFIELD TOWN HALL ENTRANCE**  
**WEDNESDAY'S @7:00PM**

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

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

**MENWALKINGANDTALKING.CO.UK**

 **Birmingham** 

**‘Talking Space’**

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

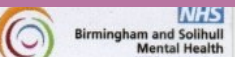
**Low Mood Struggling to Cope**

**Mental Health Crisis Suicidal Thoughts**

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

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

In Partnership with  
  
Forward Thinking Birmingham 

 **Birmingham** 

**‘Talking Space’**

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

**Low Mood Struggling to Cope**

**Mental Health Crisis Suicidal Thoughts**

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

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

In Partnership with  
  
Forward Thinking Birmingham 

 **Sing Me Sunshine is my lovely singing group for all!**

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



| <b>Tuesdays 2 - 3pm</b>                                                                                                      | <b>Thursdays 2 - 3pm</b>                                                                               |
|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>St Columba's Church hall</b><br><b>Banners Gate Road/</b><br><b>Chester Road North</b><br><b>Sutton Coldfield B73 6TX</b> | <b>All Saints' Church Centre</b><br><b>Belwell Lane, Four Oaks,</b><br><b>Sutton Coldfield B74 4TR</b> |

**£5**  
PER PERSON

If you are looking to do something new, feeling a bit lonely or living with health issues, I'd love you to come along and let Sing Me Sunshine brighten your day.  
Make new friends, feel positive and have some fun!  
Come on your own, bring a friend, family member or caregiver.

For more information, please contact Helen on  
**07981 957061** or email [helenwilliamsmusic@gmail.com](mailto:helenwilliamsmusic@gmail.com)

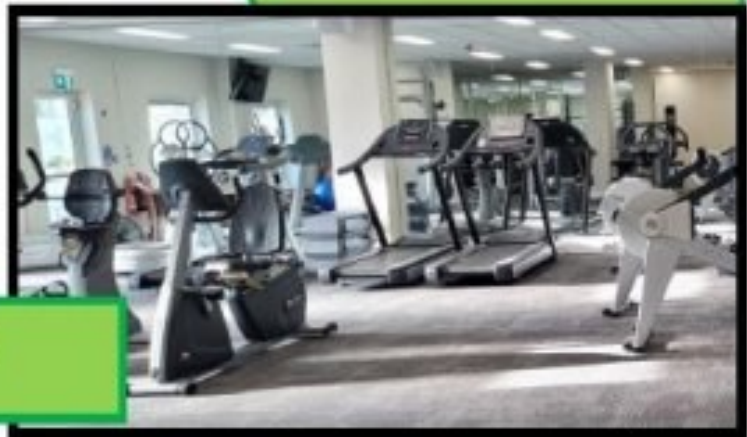
## New Oscott Village **SPECIAL SUMMER OFFER!**

*Special offer for Banners Gate  
forum subscribers*

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

*Come and have a look around*

# START TRAINING TODAY



## Why Choose Us?

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

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

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

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



0121 377 5000

Jackie.Taylor@extracare.org.uk

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





**SUTTON  
COLDFIELD  
UNITED  
REFORMED  
CHURCH**

Sharing the love of God through Worship and Friendship

**All Welcome**

## **GROWING OUR COMMUNITY TOGETHER**



### **CAFÉ OASIS**

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



### **So many Activities and Services for you!**

- Parish Nurse onsite 3 days per week
- SCURC 'Keep Moving' exercise class
- Badminton
- Occupational Therapy Drop In
- Adult Social Care Drop In
- Diabetes Advice and Support
- Stroke Club
- Boardgames and Wellbeing group
- (Starting in March 2024)
- Indoor Bowling for over 75s
- Meals on Wheels delivery
- Many, many more!

### **FOOD4U FOODBANK**

Every Tuesday from 10.30am, a warm  
welcome with free tea and coffee and  
lots of advice and support from our  
partner organisations  
**food4u@scurc.org.uk**

**Telephone or email us at:**

**0121 355 1217**

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

**Find out more by visiting us:**

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

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



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

Fourth Tuesday in the Month **7pm - 9pm**



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

**Regular Meetings**  
Meeting regularly to discuss enhancing wellbeing

**Men Networking**  
Networking personally & professionally

**Guest Speakers**  
Specialist Guest Speakers

**Physical Activities**  
Engaging in a variety of fun physical activities

**No costs to attend**

*"Men's Health Is Their Wealth"*

Visit our website

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

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

Birmingham City Council

# Sutton Social

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

**£2 per session**

**Every Tuesday  
10:30 am - 12:30 pm**

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

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

**FOCUS Birmingham**



The United Reformed Church

**Carers Support Group**

**SUTTON COLDFIELD UNITED REFORMED CHURCH**

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

**2 Course Hot Meal £2**

**Free Massages**

**All Welcome**

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



## Free monthly activity sessions for people aged 75 and over



**Please register in advance by calling 0800 716 543**

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

Bringing generations together

**Reengage**

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



**Please Bring Donations to:**

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



**Urgent!  
Food Donations Needed!  
Now!**

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



**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/](https://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/](https://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](mailto:falconlodge@foodcycle.org.uk)

**Family Friendly**  
Yes

**Accessibility - Disabled Toilet**  
Yes

**Accessibility - Disabled Parking**  
Yes

**Accessibility - Flat**  
Yes





## Are you interested in Art?

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

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

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

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

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



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

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

Also, I'm going to assume you've heard this but just in case:

<https://www.airliners.net/forum/viewtopic.php?t=1113747>



Make New Friends Learn New Skills ☕

the  
Seasons  
Art Class

COME AND  
WARM UP  
WITH US!



THIS IS THE  
**ART  
CLASS**

YOU'VE ALWAYS WANTED

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



NEW  
COURSE  
CONTACT US  
TODAY

ABSOLUTE BEGINNERS TO IMPROVERS  
WILL LOVE THIS COURSE!



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



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



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



STRICTLY LIMITED PLACES  
**CALL NOW**

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



# SIP 'N PAINT

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



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

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

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



**Walfinch**  
REDEFINING HOME CARE





# Sutton Coldfield Photography Club



## The friendly club

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

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



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



Contact us at  
[mail@suttonphoto.club](mailto:mail@suttonphoto.club)

Find us at  
[www.suttonphoto.club](http://www.suttonphoto.club)  
or scan the Flowcode here

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

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



## Sutton Coldfield Sea Cadets & Royal Marines Cadets

# Volunteers needed!

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

Sea Cadet  
Adult  
Volunteer,  
aged 30



Gain new skills and  
qualifications.



Develop leadership and  
teamwork abilities.



Make a positive impact  
on young lives.



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



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



# Volunteers Needed!



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



## WHAT WE DO :

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

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

Please email a bit about  
yourself to:

[tyler@squarepegactivities.org](mailto:tyler@squarepegactivities.org)

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



## Tyler Shaw (She / Her)

Delivery and Outreach Coordinator

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

 [tyler@squarepegactivities.org](mailto:tyler@squarepegactivities.org)

 0121 824 0508  
07782 171 954

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

 [www.squarepegactivities.org](http://www.squarepegactivities.org)

   @squarepegcharity

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



Funded by



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

Working in conjunction with





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

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





# BSWA

UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

## Hello

### Sutton Coldfield Community!

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

### So what's new?

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

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

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

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

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



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



# EASY LIVING MOBILITY®

LIVE EVERY MOMENT



## EASY LIVING MOBILITY®

**Louise Pugh**  
Store Manager

0121 350 7415  
[wyde.green@easylivingmobility.co.uk](mailto:wyde.green@easylivingmobility.co.uk)  
[www.easylivingmobility.co.uk](http://www.easylivingmobility.co.uk)  
167 Sutton Road, Sutton Coldfield, Birmingham, B23 5TN

Stay in your home forever



Great British Furniture



Journey with us



ASK ABOUT OUR HOME DEMONSTRATIONS - 0121 350 7415



STORES ACROSS  
MIDLANDS  
OPEN 6 DAYS  
PER WEEK

SUPPORT US  
AND  
SHOP LOCAL

WE WILL  
SUPPORT YOU

Trustpilot

★★★★★  
Motability



FREE DELIVERY  
ON ORDERS  
OVER £100

## LEAP - The Energy and Money Saving Service

**FREE  
FOR LOCAL  
RESIDENTS**

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

### HOW IT WORKS:

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

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

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

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

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

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

**Call us now on 0800 060 7567\***

(Freephone) to book your appointment, or apply online:

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

f t LeapService \*8:45am-5:30pm Monday to Friday

### ARE YOU ELIGIBLE?

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

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



## LOVE TO PLAY ROLE PLAY SESSION ALL AGES WELCOME



**ST COLUMBA'S CHURCH  
BANNERS GATE  
WEDNESDAYS  
(TERM TIME ONLY)  
10.15AM-11.30AM**

**£6.50 PER CHILD  
INCLUDES SNACK & DRINK**

**CONTACT BECKY- 07940547492  
BECKY@LOVEFORBABIES.CO.UK  
LOVEFORBABIES**







Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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



## REFLEXOLOGY FOOT MASSAGE

**"We are living in uncomfortable, crazy times"**

*The most productive thing you can do is  
"RELAX"*

Switch off for a while - Feel good and reconnect

### Benefits include:

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

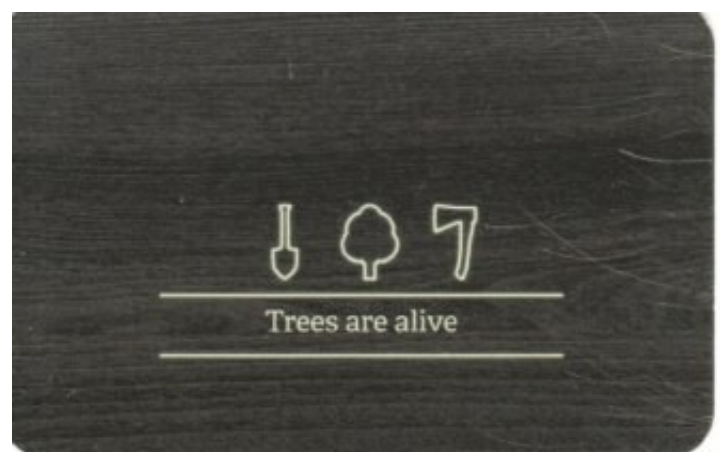


Be kind to yourself  
or someone you love

**Call Hayley G**  
**07946 740910**

Mobile Experienced & Professionally-Trained Reflexologist & Therapist

**Gift vouchers available now**  
(Discounts for Carers!)







## Phone Scams

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

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

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

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

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

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

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

[45788196-0bc9-42a4-87cc-371f2710914e.pdf](#)  
([neighbourhoodalert.co.uk](#))

### Attachments

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



**Message Sent By**

Stefanie Sadler

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



**West  
Midlands  
POLICE**

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

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

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

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

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

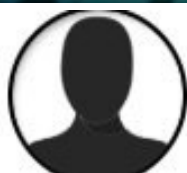
The survey will be open throughout February, and

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

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



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



**Message Sent By**

West Midlands Police, Corporate Communications





## Protect yourself from courier fraud

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

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

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

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

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

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

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

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

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



**Message Sent By**

Georgia Patterson

(West Midlands Police, Communications Officer, West Midlands)

**SUTTON PARK GRANGE**  
CINNAMON LUXURY CARE

# Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH  
LAUNCHES WEDNESDAY 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@cinnamonncc.com](mailto:sutton.enquiries@cinnamonncc.com) to reserve your space.

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY  
[www.cinnamonncc.com/suttonparkgrange](http://www.cinnamonncc.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@cinnamonncc.com](mailto:sutton.enquiries@cinnamonncc.com) to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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




Join us for our next event

**Mercia Grange care home, Sutton Coldfield**

**Coffee, cake & friendship cafe**

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

Come along to our coffee, cake and friendship cafe! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minded members of the community, make new friends and enjoy a selection of home-baked treats in our warm 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** 



## 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>**



## **What's On at Streetly Community Library Autumn 2025**

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

**2nd Wednesday of each month 10.30-12 Poetry Group**

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

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

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

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

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

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

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

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

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

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

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

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

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

**Saturday 27th September 11-12.30 Lego Fun**

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

**Saturday 25th October 11-12.30 Lego Fun**

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

**Blackwood Road, Streetly, B74 3PL   01922 654864   [streetlylibrary@walsall.gov.uk](mailto:streetlylibrary@walsall.gov.uk)**

# Kingstanding Library

**birmingham settlement**

developing communities, changing lives

## Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)  
Registered Charity: 517303

## Our Employability and Digital Skills Programme offers support in:

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

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

## Find us:

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

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



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

[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)  
Registered Charity: 517303

## DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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



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

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

OR CONTACT ELIZABETH: 07597 012 598

**It's Free!**

**Free**

Bring proof of address for first loan



## Pop-up Share Shack



**Wednesday 11am - 1pm**



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

**Come and visit us where you can:**

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

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



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



**See next page**



## ELIM LIFE CHURCH FOODBANK

*Are here to help You!*



COVERING:

- KINGSTANDING
- WYRLEY BIRCH
- PHEASEY

P.T.O

## ELIM LIFE CHURCH COMMUNITY HUB

ELC 28 ROMNEY WAY  
PHEASEY B43 7TL

### OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

\*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

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



### PLEASE NOTE:

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



## Need help with your daily housework chores?

Contact me for an  
informal chat/meeting to  
discuss your needs.

Flexible, reliable,  
trustworthy and with  
complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696



## Benefits Advice Surgery

Every Tuesday & Wednesday from 10.00am - 2.00pm  
APPOINTMENTS ONLY



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

Areas Covered:

Erdington, Kingstanding, Perry  
Common, Stockland Green,

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



Birmingham  
City Council





# HelpinBrum

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

Find some helpful contact details for advice and support.

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

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

### Warm Welcome:

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

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

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

The services at each space will vary but may include:

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

You can find details of our current Birmingham Warm Welcome Spaces at [www.birmingham.gov.uk/warmwelcome](http://www.birmingham.gov.uk/warmwelcome)

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

### Benefits and Money Advice:

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

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

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

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

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

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

### Energy Efficiency:

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

There are several schemes already available for residents, with full information and guidance available at [www.birmingham.gov.uk/energyhelp](http://www.birmingham.gov.uk/energyhelp)

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

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

[www.birmingham.gov.uk/energyscam](http://www.birmingham.gov.uk/energyscam)

### Food Support:

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

#### Foodbanks:

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

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

To find a foodbank or other food support please visit

<http://www.birmingham.gov.uk/foodhelp>

#### Healthy Start card

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

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

To find out more and way to apply visit

[www.birmingham.gov.uk/healthystart](http://www.birmingham.gov.uk/healthystart)

#### Free School Meals

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

### More Information Available

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

### Other Support Available

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

#### Age UK Birmingham

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

#### Birmingham Mind

Providing advice, information and signposting for people affected by mental health issues  
0121 262 3555 | [www.birminghammind.org](http://www.birminghammind.org)

#### Moneyhelper

Advice to help improve your finances  
0800 138 7777 | [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

#### Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)

#### Turn2Us

Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)

#### Birmingham and Solihull Women's Aid

Support for women and children affected by domestic violence and abuse  
0800 800 0028 | [www.bswaid.org](http://www.bswaid.org)

#### Shelter

Housing advice 0808 800 4444 | [england.shelter.org.uk](http://england.shelter.org.uk)

#### The Active Wellbeing Society

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

#### The Refugee and Migrant Centre

Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship  
0121 374 0140 | [www.rmcentre.org.uk](http://www.rmcentre.org.uk)

#### Spitfire Services

Advice on money, benefits, housing and employment issues  
0121 747 5932 | [www.spitfireservices.org.uk](http://www.spitfireservices.org.uk)



**St John  
Ambulance**



**Young Responders**

## **Could you help a mate if they were hurt?**

**Learn first aid to keep you and your friends safe**

**"Make a difference  
today!"**

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



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

For more information  
visit [www.sja.org.uk](http://www.sja.org.uk)



# Play Bridge




**Join us - Bridge is for everyone!**



**Sutton Coldfield Bridge Club**  
**BEGINNERS BRIDGE LESSONS**

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

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

160 Walmley Road, Sutton Coldfield See our website for more information at [www.suttoncoldfieldbc.co.uk](http://www.suttoncoldfieldbc.co.uk)

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

email: [playbridge@ebu.co.uk](mailto:playbridge@ebu.co.uk)

[www.ebu.co.uk/playbridge](http://www.ebu.co.uk/playbridge)



## Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

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





Classes available now in  
Sutton Coldfield - Saturday afternoon





**TO BOOK YOUR PLACE PLEASE CONTACT**  
**ERICA**

Text or call: - 07704 523 733  
Email:- [ecd23@icloud.com](mailto:ecd23@icloud.com)

Check out the QR Code for further details and reviews



## Line Dancing

### Absolute Beginners Class

to be held at

### Banners Gate Community Hall

Tuesdays 5 - 6 pm

Everyone welcome

Please phone Diane

On 07711 048 215

For further information




## CREATIVE PLANTS

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



## PREGO

*Cafe*

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

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



**OUR PLACE**  
Your Place for Support

## Advice Service

FREE ADVICE ON:

**BENEFITS**  
**HOUSING**  
**EMPLOYMENT SUPPORT**

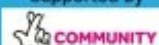


**SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:**

**DEBT ADVICE**  
**LEGAL ADVICE**

For more information contact us on: 0121 354 4080  
Email: [advice@ourplacesupport.org](mailto:advice@ourplacesupport.org)  
[www.ourplacesupport.org](http://www.ourplacesupport.org)  
Facebook, Twitter, Instagram  
@OurPlaceSupport



Supported By 

**EHPSC**  
Early Help Partnership Sutton Coldfield



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

**No longer available due to funding change**



**No longer available due to funding change**

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

 **OUR PLACE** 

*Let your inner beauty emerge*

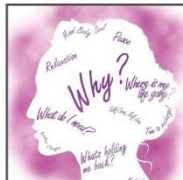
## Heal & Transform

with Tina Mistry

Reiki Practitioner  
Transformational Mindset & Trauma-Informed Coach





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

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

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

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

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

Do you need guidance to a problem you are facing?

Would you like help to identify and set life goals?

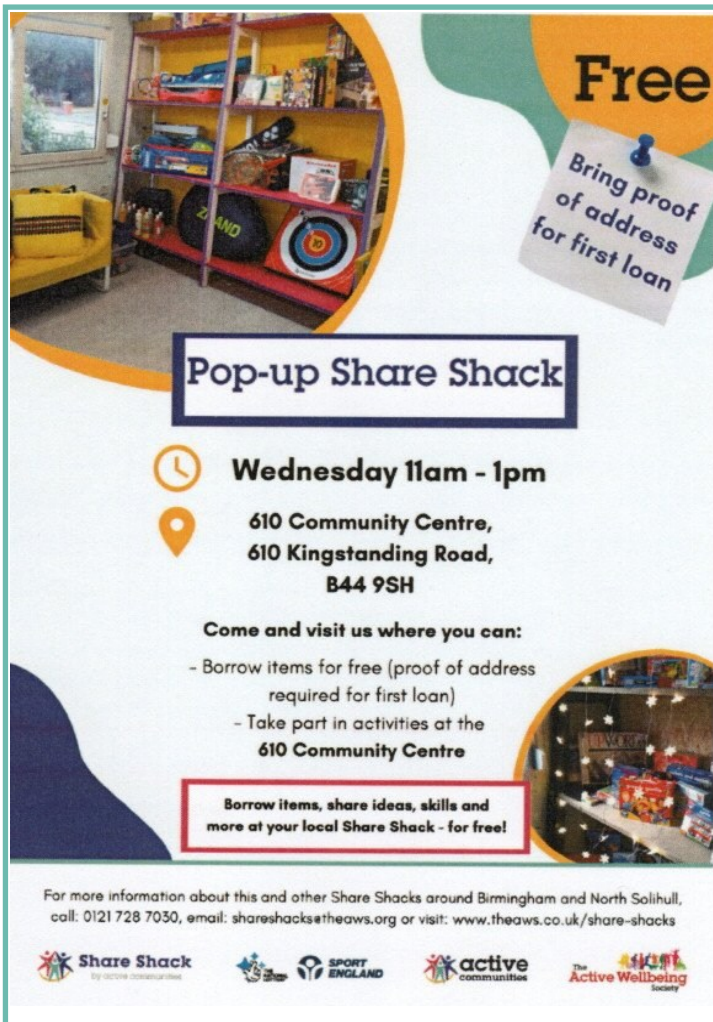
If these questions resonate with how you are feeling, Heal and Transform can offer you a number of services to help support and guide you to reach your goals.

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

To find out more please get in touch.

Telephone: 07773845454  
Email: [healandtransform@yahoo.com](mailto:healandtransform@yahoo.com)  
Website: [www.healandtransform.co.uk](http://www.healandtransform.co.uk)





## Free

Bring proof of address for first loan

### Pop-up Share Shack

**Wednesday 11am - 1pm**

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

**Come and visit us where you can:**

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

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

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

Share Shack by active communities

SPORT ENGLAND

active communities

The Active Wellbeing Society



**Parish Nursing  
Ministries UK**

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



### Home visiting Podiatrist



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

Visits to Sutton & all Birmingham  
In the comfort of your own home.  
Over 23 years NHS experience  
Same day appointments available.

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

## FORGET ME NOT SING-ALONG



### JOIN US

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

**£5 PER SESSION**

(CARERS FREE)  
NO BOOKING REQUIRED.  
JUST TURN UP

### WHEN?

Every Monday starting  
4th October at 115pm  
1 Hour Session

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

[kidzlikedanny@blueyonder.co.uk](mailto:kidzlikedanny@blueyonder.co.uk) | 07544393523



## Blackbird? Robin? Starling? July's confusing juveniles solved!

Seen a young bird? Not sure what it is or whether you need to help? Our Wildlife Expert, India James, is answering this month's most asked questions.

[Your July questions](#)



Juvenile Robin, Starling and Blackbird

Have you seen an unusual bird in your garden? Bird identification can be a little tricky as this season's chicks develop their plumage.

In Ask an Expert, India James answers your questions on juvenile birds, providing an ID guide to three of the most commonly confused species. We also look at how to help nesting Swallows and House Martins, and what you should do if you find a baby bird.

We're delighted to celebrate the expansion of RSPB Gwenffrwd-Dinas nature reserve – thanks to the generosity of many supporters. Read on to hear about how this magical place will deliver for Pied Flycatchers, Pine Martens and many more.

Sadly, we're also reporting on the devastating wildfires affecting parts of the UK. With some areas still at risk, please follow [our guidance](#) to help prevent fires.



Thank you.  
Siân Duncan  
Notes on Nature editor

# Which?

## Scam Alerts

### These are the most convincing scams

Fraudsters are constantly evolving their tactics, and even scam-savvy people can be tricked by a particularly convincing scheme.

Our fraud experts, Chiara Cavaglieri and Faye Lipson, have shared the five most convincing scams circulating this year so far. [Find out what they are and how to stay safe.](#)

### How to tell if a website is safe

Scam websites have become harder to spot, with professional-looking designs intended to gain your confidence and convince you to enter your personal and financial information.

The good news is you don't need specialist software or expert knowledge to see the warning signs. Our experts have found [a couple of quick ways to check whether a website is safe or dangerous.](#)

For tailored 1-2-1 tech help from our team, including advice on security and scams, you can join Which? Tech Support. Our friendly experts are there to chat on the phone or by email as often as you need. [Find out more about the support on offer.](#)

### Sneaky emails leading to suspicious websites

It's not only the dodgy websites you need to watch out for, it's the sneaky messages that convince you to click. Here, we reveal one of the tactics fraudsters use.

It involves special offer emails using well-known brands, including Boots, B&Q and the AA. We've highlighted a few examples of these emails and given [tips to help you spot them in your inbox.](#)



# Which?

## Our latest scam warnings

Our dedicated team of fraud experts are always on the lookout for scams targeting people across the UK.

Recent tactics to be aware of include a fake Daily Mail website, a dodgy message circulating on WhatsApp and fraudsters posing as Which? on social media. [Check out the full list](#), based on your reports to our Which? Scam Action Alerts Facebook community and scam sharer tool.

## 5 signs of a romance scam

Report Fraud received 12,093 reports of dating scams in the past 13 months, with losses totalling £119.6m. This type of fraud, where scammers aim to trick people into fake relationships, can have a huge emotional and financial impact.

[Our experts have laid out five signs of a romance scammer](#), including how to spot stolen images online and the tactics these fraudsters use to build a connection with potential victims.

## How to avoid AI scams

An AI scam uses artificial intelligence to trick you into parting with your money. Deepfake videos, where a person has been digitally altered to appear as a different person, and AI-generated text are just two ways this technology can be used by fraudsters.

Essentially, AI makes scams more convincing and harder to spot, [so make sure you're familiar with these new methods and stay one step ahead of the scammers](#)

## Scam sharer tool

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







**G & T**  
**party hire**

AVAILABLE FOR ALL  
OCCASIONS



G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers.

We also have a soft play for the 0-2 years old.

To find out available dates please contact us on the following:

Facebook: [Gandt party-hire](#)

Instagram: [gandt\\_partyhire](#)

Email: [Gandtpartyhire@hotmail.com](mailto:Gandtpartyhire@hotmail.com)



## Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha



## Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

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



Classes available now in  
Sutton Coldfield - Saturday afternoon



TO BOOK YOUR PLACE PLEASE CONTACT  
ERICA

Text or call: - 07704 523 733

Email:- ecd23@icloud.com



Check out the QR Code for further details and reviews

RDS

### BRAND NEW DANCE CLASSES IN YOUR AREA!

REPERTOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

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

**MORE INFORMATION**

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

**PRICE**  
**£5**  
**PER**  
**CHILD**

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

**WHERE?**  
BANNERS GATE  
COMMUNITY HALL  
SUTTON  
COLDFIELD  
B73 6UR

**CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !**



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

[double-u.co.uk](http://double-u.co.uk)

**Caroline Howell** MSc PGCE MCP

01675 470105  
07796 546172

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

Blythe Cottage, Dexter Lane  
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



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Professional



# Occupational Therapy

## Who will come to visit me?

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

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

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

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



## What is the Learning Disabilities Enablement Team ?

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



## Your visiting OTs

### Please contact:

ASC 0121 303 1234

[CSAdultSocialCare@birmingham.gov.uk](mailto:CSAdultSocialCare@birmingham.gov.uk)

Ask for Learning Disabilities Enablement team



## Learning Disabilities Enablement Service



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

## Your journey with the Learning Disabilities Enablement Team:



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

### An OT will:

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

### The enablement team will:

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

### Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



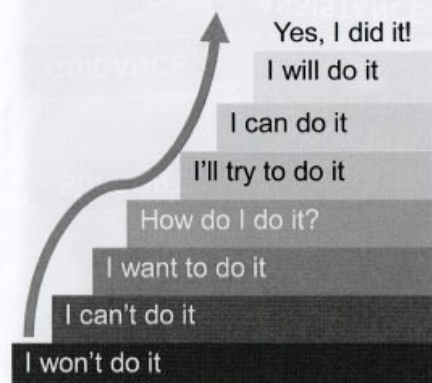
Laundry/Cleaning



Shopping and more....

### Steps to self empowerment:

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



### Please contact:

ASC 0121 303 1234

[CSAdultSocialCare@birmingham.gov.uk](mailto:CSAdultSocialCare@birmingham.gov.uk)

Ask for Learning Disabilities Enablement team



# birmingham settlement

developing communities, changing lives



Are you  
unemployed  
and looking  
for work?

We can  
help!

## Employability and Digital Skills Programme

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

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



Scan to learn more  
about our services:



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

Registered Charity: 517303



## Our Employability and Digital Skills Programme offers support in:

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

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

# 610 Kingstanding

birmingham  
settlement  
developing communities, changing lives

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

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

Registered Charity: 517303



## THE WALKING GROUP IS BACK!

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

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

To register please call 0121 378 6295  
or email [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org).



## The Cancer Support Centre

Welcome to Lindridge Road ...

**Your Journey Our Support Your Choice**



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

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

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

Website : [www.suttoncancersupport.org](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)



A place of sanctuary and support

## YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,  
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

[www.suttoncancersupport.org](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897



# Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause

E25 supplies a child entering emergency accommodation with their own Buddy Bag.

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

What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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Tel: 0121 323 2070 [www.fouroaksfs.com](http://www.fouroaksfs.com)

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

Proud to support our nominated charity



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## NEW FRIENDS, NEW INTERESTS A WARM WELCOME

### THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

### NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

For further details contact John Bedford  
0121 353 5136 or [parkcycles@yahoo.co.uk](mailto:parkcycles@yahoo.co.uk)



*Pizza · Pasta · Steak · Fish*

**Bistro/Cafe Verona**

## SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

[https://](https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/)

## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158









## Walking Netball Volunteers Needed

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

Contact Hope Bourton - **07458 106980**  
[hope.bourton@englandnetball.co.uk](mailto:hope.bourton@englandnetball.co.uk)





## Sutton Coldfield u3a




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



## Who do you think you are?

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

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

*Why not contact:*

**Sutton Coldfield U3A Genealogy Group**  
 we meet the third Tuesday of the month  
 at the United Reformed Church Centre,  
 Brassington Avenue in Sutton at 2.00pm

For more information go to: [www.scu3a.org.uk](http://www.scu3a.org.uk)





## Trinity Photography Group

### Do You Want To...

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

*If so... come and join us.*

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

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

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

We do have a small fee: member's £2.50/visit, non-member's £3.50/visit


[www.Trinity-photography-group.com](http://www.Trinity-photography-group.com)


[www.facebook.com/groups/TrinityPhotographicGroup/](https://www.facebook.com/groups/TrinityPhotographicGroup/)

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



## Sutton Coldfield Photography Club




### The friendly club

All visitors and new members welcome at any level of experience.  
We have a varied programme of talks, competitions and activities.




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

Contact us at  
mail@suttonphoto.club  
Find us at  
[www.suttonphoto.club](http://www.suttonphoto.club)



or scan the Flowcode here

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



### North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

- Bridge for beginners
- Bridge for improvers
- A regular bridge session

Make new friends  
Stimulate the brain  
Comfortable and welcoming  
Age no barrier



Call Sue on 0121 580 7538



### North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

## CYCLE WITH US

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

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS

## TEDDY TIME

At Banners Gate Community Church  
Mondays 1.30 - 2.30pm





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

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

MORE INFO:  
For all preschool age children.  
No booking required.  
Call Beth on  
07951 857 450  
for further details.






## BIRMINGHAM COMPUTERS & COMPONENTS

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0121 270 6180

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

We look forward to being of service to you

### Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

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

### Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

[\\_beauty\\_by\\_ella](https://www.instagram.com/beauty_by_ella) 07825001242

Beauty By Ella

### Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: [sutton.piano.teacher@gmail.com](mailto:sutton.piano.teacher@gmail.com)





## STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 2nd Tues 2.15 pm All Saints Church Hall, Foley Rd East, B74 3HR.



Next meeting Tues 14th July - demonstration with Chris Ramsey 'A trip to the Cotswolds' - all designs raffled at end of meeting.

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

Further details - Chris Reeves 0121 354 6264.





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

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



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

Have a look at our Facebook page and website '[www.suttonfuchsia.co.uk](http://www.suttonfuchsia.co.uk)' or telephone our secretary Gail on 0121 353 3373 for more information.

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

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

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

Refreshments available.



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

## **The Sutton Coldfield Fuchsia Society & Gardening Guild.**

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

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

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

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

**See photos on next page**







Sutton Coldfield  
**Trinity Quilters**



**Interested in Quilting?**

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

Everyone will receive a warm, friendly welcome

**Join us for Quilting Inspired.....**

Talks, Demonstrations, Workshops  
by  
Professional Quilters & Textile Artists

**Annual Coach Trips**

Malvern Spring Quilt Show  
Summer Outing to Fabric Outlet

**Monthly Meetings (except Aug/Dec)**

2<sup>nd</sup> Tuesday 7.30pm (except Jan)  
4<sup>th</sup> Wednesday 2.30pm (including Jan)

**Guests Welcome**

Non-members  
£6 entry

**Membership includes**

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



Email: [trinity.quilters@gmail.com](mailto:trinity.quilters@gmail.com)



Sutton Coldfield Trinity Quilters

**Trinity Centre**  
Off Mill Street  
Sutton Coldfield  
B72 1TF



More on next page









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



# SOUL YOGA



## Schedule

Monday  
6pm Yin  
7.30pm Hatha

Tuesday  
6am Rise & Shine

Thursday  
9.30am Hatha

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

07963 044364



## COMMUNITEA CAFÉ ALLOTMENT

### TUESDAYS 10 TILL 12

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

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

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



Everyone  
welcome

Gardening  
Group

Help us grow  
fresh produce  
for the café

Sunnybank Road  
Allotments,  
Boldmere

Meet our  
Neighbourhood  
Networker

## CONTACT

Suzy Summerfield

07940 709 314

Email: [s.summerfield@ageconcernbirmingham.org.uk](mailto:s.summerfield@ageconcernbirmingham.org.uk)



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



Unit 10 Market village  
65 south parade  
Sutton Coldfield  
B72 1QU

Info@militarychef.co.uk  
Trade@militarychef.co.uk

**MILITARY  
Chef**  
#veteranowned

Angel beads ltd



Melanie Wright

07490133151

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

Facebook: @angelbeadsuk

Instagram: angelbeadsLtd

Odonata Studios  
Middleton Hall Courtyard  
Tamworth  
B78 2AE

Tel:- 01827 287294

email:- [gillian@odonatastudios.co.uk](mailto:gillian@odonatastudios.co.uk)

odonatastudio

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



18 Beeches Drive, Birmingham B24 0DU  
[redogihandmade@gmail.com](mailto:redogihandmade@gmail.com)  
07305 564 108





## Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

## For Migrants, Asylum Seekers and Refugees

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

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

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

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

## About this leaflet

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



# Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

## Step 1: What's the problem?

### I suddenly have no money

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

See options 1 2 6

### My money doesn't stretch far enough

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

See option 1 2

### I have debt

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

See option 3

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

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

See options 1 4

## Step 2: What are some options?

### 1 Council Support Schemes

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

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

### 4 Benefit Advance

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

### 5 Hardship Payment

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

### 6 Challenge a Decision

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

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

### BIRMINGHAM CITY COUNCIL

Neighbourhood Advice Service  
Advice on benefits, debt, housing and other money-related issues  
0121 216 3030

Help with options: 1 2 3 6

### 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

### THE PROJECT

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

Help with options: 1 2 3 4 5 6

### BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

### 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

### CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

### DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

### CHRISTIANS AGAINST POVERTY

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

Help with options: 3

### WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

## Other Support

**Stop Loan Sharks**  
Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)  
[reportaloanshark@stoploansharks.co.uk](mailto:reportaloanshark@stoploansharks.co.uk)

**Local Energy Advice Partnership (LEAP)**  
Energy and money saving service  
0800 060 7567 | [support@applyforleap.org.uk](mailto:support@applyforleap.org.uk)  
[www.applyforleap.org.uk](http://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](mailto:info@ageukbirmingham.org.uk)  
[www.ageuk.org.uk/birmingham](http://www.ageuk.org.uk/birmingham)

**Birmingham Mind**  
Providing advice, information and signposting for people affected by mental health issues  
0121 362 3555 | [help@birminghammind.org](mailto:help@birminghammind.org)  
[www.birminghammind.org](http://www.birminghammind.org)



# NOSTALGIC

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



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



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

T: 07869 822502 E: [info@hopefood.org.uk](mailto:info@hopefood.org.uk)

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

[https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout\\_tj21](https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21)

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

For Over 25 Years We Have Created Flowers For All Occassions. Weddings, Funerals & Corporate Events etc. Let Us Create Something Special For You Today!



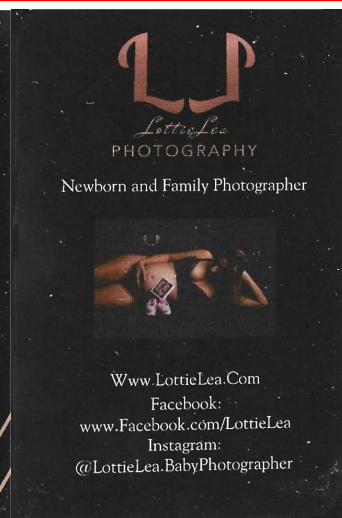
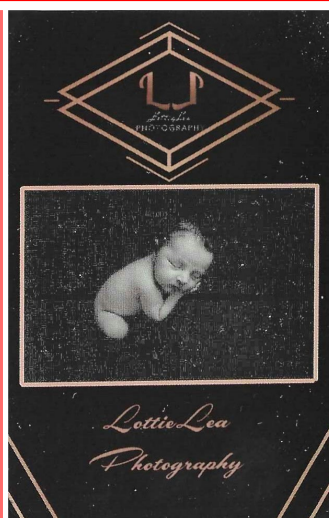
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[www.manor-crafts.co.uk](http://www.manor-crafts.co.uk)





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Would you like to learn how to arrange flowers like a professional? All flowers & materials included. Qualified Floristry Tutor with 25 years Experience. Come along and join us for some " Flower Therapy " All levels welcome.  
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Contact number above if interested.

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

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

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



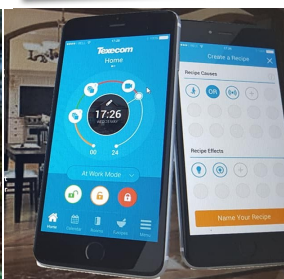
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Phone no. 0121 386 2639

Email: [info@cw-sec.co.uk](mailto:info@cw-sec.co.uk) Website: [www.cw-sec.co.uk](http://www.cw-sec.co.uk)

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

Email: [rosie\\_p25@hotmail.co.uk](mailto:rosie_p25@hotmail.co.uk)



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T: Dave Edwards 07305931199

E: [norburymaintenance@gmail.com](mailto:norburymaintenance@gmail.com)



Home  
Instead

*To us, it's personal*

## Memory Cafes

Do you know someone living with memory loss?

**Every Monday**  
10am—12noon

Erdington Methodist Church,  
Station Road

**Every Monday**  
"Musical Memories"  
2pm - 4pm

Sutton Coldfield Methodist  
Church  
South Parade, B72 1QY

**Every Tuesday**  
10.30am - 12.30pm

All Saints Church Centre  
Belwell Lane  
Four Oaks, B74 4TR

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

All attendees must show proof  
of both covid vaccinations

**Every Thursday**  
10am - 12noon

Streethy Methodist Church  
Thornhill Road  
Streethy, B74 3EH

**"Friends on Fridays"**  
10.30am - 12.30pm

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

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

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

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

**FREE**

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

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

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

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

Sign up today [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
or telephone 0345 607 6823

**Healthy Start**

Give your family a Healthy Start

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

Birmingham  
City Council

HEALTHY  
START

NHS

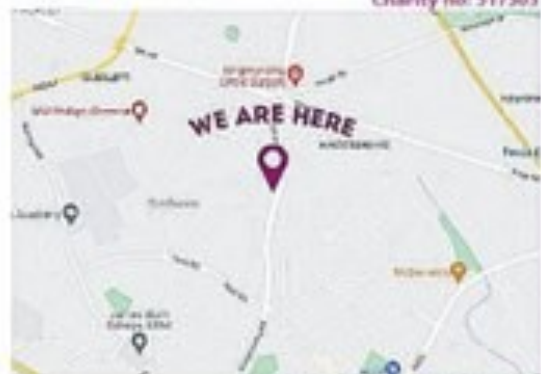




## FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022, 12.30pm – 2.00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for 0-5years – limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)  
Charity no: 517303



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

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settlement**  
developing communities, changing lives



## Cafe Oasis

**Freshly Cooked Meals  
Home Delivered**

New menu every Friday  
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**3 Puddings £6**

**Contact Michelle on 07933 986 869  
Monday - Friday 10am to 5pm**

Cafe Oasis 1 Brassington Avenue, Sutton Coldfield, B73 6AA

Cafe Oasis is supported by the Volunteers and Staff at Sutton Coldfield United Reformed Church. Registered charity No. 1131424



## Cafe Oasis

**Monday, Tuesday,  
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**10.00am - 2:30pm**

Drinks, snacks and sandwiches.  
Hot meals from 12:00 - 2:00pm.

Takeaway and home delivery meal deals  
available. Please enquire for details.

Find us in Sutton Coldfield United Reformed Church  
**Call: 07713 970096 Email: [cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk)**  
or find us on Facebook

Cafe Oasis is supported by the  
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### Specialist Mandarin Teacher Available online (or in the Sutton Coldfield area)

| *Private 1-to-1 classes       |                                                 |                                           |
|-------------------------------|-------------------------------------------------|-------------------------------------------|
| 1 hour session<br>£30         | 1.5 hour session<br>£35<br>(£23.3 per hour)     | 2 hour session<br>£40<br>(£20 per hour)   |
| *Small groups (2 to 4 people) |                                                 |                                           |
| 1 hour session<br>£35         | 1.5 hour session<br>£40<br>(Under £27 per hour) | 2 hour session<br>£50<br>(£25 per hour)   |
| *Groups (5 to 10 people)      |                                                 |                                           |
| 1 hour session<br>£40         | 1.5 hour session<br>£45<br>(£30 per hour)       | 2 hour session<br>£55<br>(£27.5 per hour) |

\*5% discount for advance payment of five or more sessions  
\*10% for advance payment of 10 or more sessions

Happy to do exam preparation classes such as GCSE for an extra £5 per hour

Reliable, diligent & highly experienced teacher with background in memory, learning methods, learning technology & languages. Fluent in Mandarin & English with Masters degree in Applied Linguistics (distinction) & a PCET level 5 teaching Qualification. Various certificates including a full enhanced DBS available upon request. All levels & all ages are all welcome!

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or email: [chong.fouroaks@gmail.com](mailto:chong.fouroaks@gmail.com)



Mondays & Wednesdays

Blue Coat C.E. Academy, Birmingham Street, Walsall WS1 2ND

Kids 6.00pm - 7.00pm

Adults 7.00pm - 8.30pm

## THE LOFT PILATES & YOGA STUDIO

199 TYBURN RD ERDINGTON B24 8NB



### Pilates Rehabilitation

Mondays 945am

Tuesdays 6pm

07886089473



- |   |                                |
|---|--------------------------------|
| 1 | Traditional Pilates Exercises  |
| 2 | Rehabilitation Exercises       |
| 3 | Tone Up & Improve Strength     |
| 4 | Improve Flexibility & Mobility |
| 5 | Improve Sleep & Well Being     |
| 6 | Improve Balance & Coordination |

The Loft Pilates  
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## Pregnancy YogaLates Class



THE LOFT PILATES  
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### Pregnancy YogaLates Class

Suitable for 2nd & 3rd  
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Cimspa L4 Instructor  
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Starts Thursday 1st Sept 22  
6.15-7pm  
£6

Register now

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## Pregnancy YogaLates Class



## 5K YOUR WAY MOVE AGAINST CANCER

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

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

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

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

**Ambassador:** Anne Kelsall, Sarah Hinkley & Jane Ford

**It's Free!**

Get in touch and let us know you will be coming.  
 5k your way: move against cancer | @cancer5kYourWay  
 info@5kyourway.org | www.5kyourway.org | @5kyourway

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






## Sutton Park Surgery

0121 353 2586

See front page

## STEPH LEES

O S T E O P A T H Y

Osteopathy appointments available, with myself, based in the heart of Four Oaks.

Osteopathic Treatment can help with the following:

- Generalised aches and pains
- Joint Pains
- Osteoarthritis / Arthritic pain
- General, acute & chronic backache
- Neck pain
- Frozen shoulder / Tennis elbow
- Sciatica
- Muscle spasms
- Neuralgia
- Sports injuries

Call or email me for any questions or appointments on:  
07855389528 or  
stephleeosteopathy@hotmail.com



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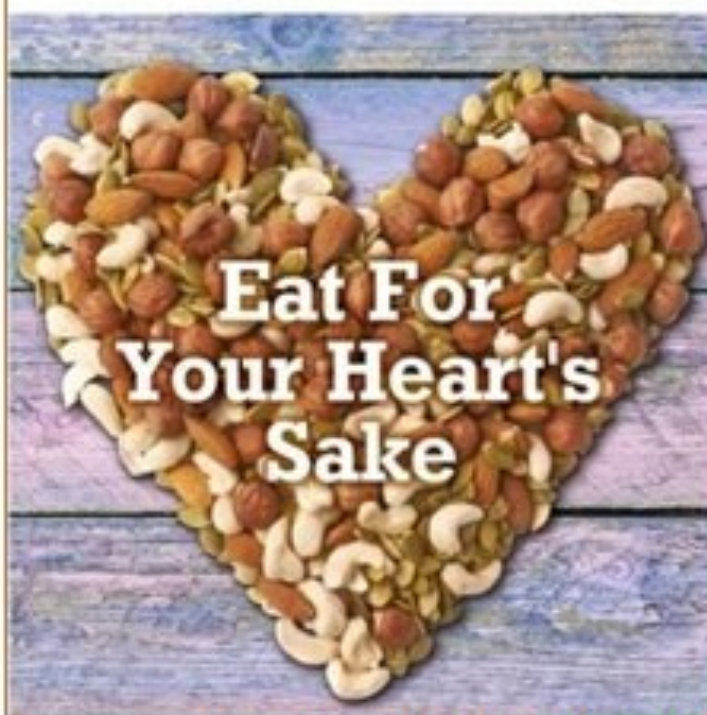
MISTED UNITS REPLACED

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HANDLES / HINGES/ LETTERBOXES REPLACED



GrapeTree  
Feel Good Foods



# Eat For Your Heart's Sake

Kingsway

Christian Fellowship (Pheasey)

Worship and Communion Service  
Sunday 10:00am

We are a small evangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr B43 7JL [kingswaypheasey@gmail.com](mailto:kingswaypheasey@gmail.com)

Please look for the Beacon Room - Everyone welcome

The Chemist, M.W. Phillips, at Sutton Park Surgery - 0121 353 9027



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Minworth. B76 1AL

LoveWorld  
SUTTON COLDFIELD

Specially invite you to

**Worship  
WITH US** EVERY  
WEDNESDAY  
& SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall  
35 Reay Nadin Drive, Sutton Coldfield B73 6UR  
Contact Details: 07565652762  
[loveworldsuttoncoldfield@gmail.com](mailto:loveworldsuttoncoldfield@gmail.com)

Every Sunday  
9am - 11am

Every Wednesday  
6pm - 7pm

Communion service with Pastor Chris  
Every 1st Sunday of the month.

### CREATE at the Gate with K & S

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall. There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.

**Banners Gate Community  
Hall Coffee Mornings.**  
**The next is on 18th August  
and will be from 9.30 a.m.  
to noon - note new times.**

### Hall's Gardens Garden Maintenance Services

Gary Hall

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

[garyhall7@blueyonder.co.uk](mailto:garyhall7@blueyonder.co.uk)



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site [www.newhorizonscounselling.org](http://www.newhorizonscounselling.org).

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

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

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

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

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

**The building is step-free.**

**For further booking information go to:  
[www.bannersgatecommunityassociation.org](http://www.bannersgatecommunityassociation.org)**

### Public Speaking for Absolute Beginners by Sally Jenkins

Tips on constructing and presenting all types of  
speeches.

Available on Amazon or direct from the author:  
[sallysjenkins@btinternet.com](mailto:sallysjenkins@btinternet.com) 0121 354 9941



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Banners Gate

Community Hall,

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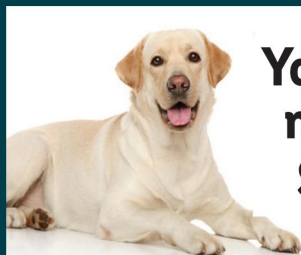
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**BERT & GERT'S**  
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.  
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.  
Our aim is to support, encourage & promote small local businesses.  
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Sutton Coldfield The Parade  
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Calebs Rainbows is the dream of Rosemary Ferrell a great grandmother with a passion for making beautiful dolls with a story. "Every doll is different". Rosemary loves all things creative, be it sewing, knitting, drawing, or baking and she has, having been to college, decided to turn her hobby into a business as there is a demand for her products.

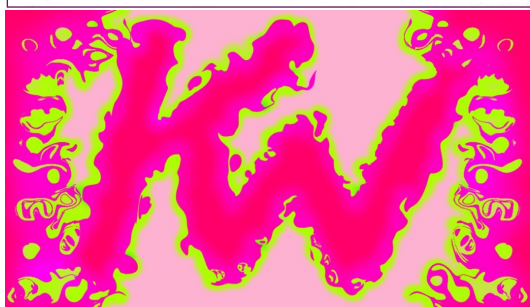
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## **St Columba's Church Hall**

Hall letting for St Columba's Church.

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

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All enquiries to Alison via email please.

[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)

## **Banners Gate Community Church - Events**

**Monday, Thursday, Friday** - Baby Phonics

Contact email: [Jenna@robotreg.co.uk](mailto:Jenna@robotreg.co.uk) for times and availability

**Tuesday and Wednesday** - Baby Sensory

Contact Tracy at email: [suttoncoldfield@babysensory.co.uk](mailto:suttoncoldfield@babysensory.co.uk) for times and availability

Please visit our website at

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

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

### **Tai Chi Class**

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

**01543 480151**





# Banners Gate Community Association

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

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

## Welcome to Banners Gate Community Hall & Association

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

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

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

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

If you need any information please message on 07964 213 229

**Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month**  
**The next is on 18th August - at 10.00 to noon, please note new times.**

| DAY/TIME                                                                                                     | ACTIVITY                                                                                                           | VENUE                                                                                              | CONTACT                                                                                       | TEL.                                         |
|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------|
| Sun (last) 10.30 – 2.30 pm<br>10.00 am<br>10.30 am (fortnightly)<br>11.00 am<br>7.30 – 8.30pm                | Create at Gate with K & S<br>Family Communion<br>Sunday Gathering<br>Chikara Karate Kai<br>Soul Yoga – last Sunday | Community Hall<br>St. Columba's<br>Banners Gate CC<br>Scout Hall<br>Community Hall                 | Kathy Weston<br>Nigel Willis<br>Paul Murphy 07837<br>Cath Hussey                              | 628 6651<br>354 5873<br>353 0230<br>39 57 89 |
| Mon 11.00 to 6.45pm<br>7.30 – 9.00 pm                                                                        | Sign Language Classes<br>Sign Language Classes<br>Sign Language Classes<br>Line Dancing                            | Community Hall<br>Community Hall<br>Community Hall<br>Community Hall                               | Shakila Kosar 07825<br>Shakila Kosar 07825<br>Shakila Kosar 07825<br>Diane Pursall            | 255042<br>255042<br>255042<br>747 4659       |
| Tues 6.00 – 7.00<br>9.15 – 2.00pm.<br>3rd Tues 9.15 – 12.00pm<br>11.45am – 12.45pm<br>6.30 – 9.00<br>7.45 pm | Soul Yoga<br>Born to Spa, Baby Spa<br>Coffee Morning 3rd Tuesdays<br>Tai Chi<br>Line Dancing<br>Chikara Karate Kai | Community Hall<br>Community Hall<br>Community Hall<br>Scout Hut<br>Community Hall<br>St. Columba's | Anna Madge 07833<br>Dave Cockbill<br>Neil Rankine 07721<br>Diane Pursall<br>Paul Murphy 07837 | 45 70 74<br>67 09 13<br>747 4659<br>39 57 89 |
| Wed 9.30, 11.00 & 12<br>10.30 – 12.00<br>6.30 – 7.30<br>7.00 pm                                              | Baby Sensory<br>Guide Dog Training<br>Dance Fitness<br>SlimmingWorld                                               | Banners Gate CC<br>Community Hall<br>Community Hall<br>St Columba's                                | Tracy Jones 0775<br>Madge Nightingale<br>Karen 07759                                          | 82 56 22<br>360 0286<br>17 02 89             |
| Thurs 10.00 – 11.00 am<br>7.30 on last Thursday<br>6.30 – 9.45 pm<br>(3rd of each month) 7.00 pm             | Yoga<br>Neighbourhood Forum<br>Zig Zag Dance Studio<br>Townswomen's Guild                                          | Community Hall<br>Community Hall<br>St. Columba's<br>Banners Gate CC                               | Tricia 07954<br>Tony Willis<br>Warren 01902<br>Janice Jones 07955                             | 40 39 43<br>605 4947<br>897 900<br>65 59 10  |
| Fri 11.30 – 3.30<br>5.00 – 6.30pm<br>7.00 – 8.00 pm                                                          | Sign language Classes<br>Repertoire Dance Studio<br>Sign Language Classes                                          | Community Hall<br>Community Hall<br>Community Hall                                                 | Shakila Kosar 07825<br>Chloe Lloyd 07729<br>Shakila Kosar 07825                               | 25 50 42<br>47 79 46<br>25 50 42             |
| Saturday 9 – 10am                                                                                            | Soul Yoga                                                                                                          | Community Hall                                                                                     |                                                                                               |                                              |

### Useful telephone numbers

Sutton and Kingstanding

**Police: 101**

Good Hope: 424 2000

Outpatients: 424 2000

NHS Health helpline:

Call 111 it's 24/7

Citizens Advice

03444 111 444

### BANNERS GATE COUNSELLING CENTRE

Accessible and Affordable  
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Sutton Coldfield  
Tel : 0121 354 6544  
For information or an  
appointment please ring after  
10 a.m. daily, except  
Wednesday

**Banners Gate  
Community hall  
Coffee Mornings  
The next is on  
21st July starting at  
9.30a.m. until noon,  
please note new  
times.**

#### BOOKING SECRETARIES:

Community Hall mobile: 075 65 54 68 21  
Banners Gate CC - Steve Smith 07835 865983  
St. Columba's - Alison Jolley [st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)  
Scout Hall - A & R Talliss 353 8166

#### UNIFORMED ORGANISATIONS:

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

### Banners Gate Ladies Circle

This is the name of the previously named  
Townswomen's Guild. Contact details,  
meeting days and times remain the same.  
Hopefully next month will let you know how  
we will be going forward as our new group.  
**Thurs. 17th Sept, Bingo, Fish & Chips**  
**Thurs. 20th Aug. Cheese & Wine Social**  
**Evening**  
Our vibrant Guild meets on the 3rd Thursday  
of the month, 7.00 - 10.00 in the Westwood  
Hall, **Banners Gate Community Church.**  
Janice Jones 07955 65 59 10

### Banners Gate Community Church

Westwood Road. B73 6UH

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

To find out more visit our website at

[www.bannersgatechurch.com](http://www.bannersgatechurch.com).

### St Columba's Church

### Coffee Morning

**Every Friday of  
the month**

**10.00 - Noon**

**All Welcome**

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

### 33<sup>rd</sup> Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years  
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years  
Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years  
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years  
Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

**Contact 0121 353 5203**

Email: [margaretdrummond1@btinternet.com](mailto:margaretdrummond1@btinternet.com)



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

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

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

For more information contact Carol Gardner on 350 7191.



Girlguiding UK

| Day/Time            | Activity      | Venue             | Contact       | Tel      |
|---------------------|---------------|-------------------|---------------|----------|
| Mon 6.00 - 7.30pm   | 39th Brownies | St Columba's Hall |               | 354 5873 |
| Tues 6.00 - 7.30pm  | 45th Brownies | St Columba's Hall | Carol Gardner | 350 7191 |
| Thurs 5.00 - 6.00pm | 39th Rainbows | St Columba's Hall |               | 354 5873 |