



Bannars Gate & Parklands Community & Neighbourhood Forum

207 August 2026

bannersgateneighbourhoodforum.com

If you want **Gatepost** emailed to you, including cartoons and puzzles, in full colour, wherever you live, **free of charge**, every month, please send an **email to bgatepost@gmail.com** with "Email Gatepost" in the subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line. Alternatively, you can click on the address under the date above, or put **Gatepost Newsletter** in Google scroll down to **40 pages Gatepost** or **Gatepost** and **Gatepost Supplement**.



Councillor John Cooper,
Sutton Vesey Ward:

As we enter the generally regarded quiet period I hope everyone has a wonderful holiday or at least a good rest in the coming weeks.

You will have seen in other posts that Green Spaces around Sutton and wider are to be taken out of the threat of development and retained as "Green". 17 of the 21 sites intended to be reclassified and therefore lost to us all are in Sutton Coldfield.

I am afraid that this does not include Sutton Park but we continue to fight to preserve its status and continue to fight against the former Labour council's plan to introduce parking charges in OUR PARK. The madness of this proposal is really beyond comprehension, a council in debt proposes to borrow money to install meters in the park without an electricity supply or WiFi in many areas, with no payback for two years.

We continue to call for the introduction of a revised management plan for Sutton Park, which would include more funding for its basic needs and repair of some of the neglect that has prevailed in recent years. Hopefully the new council will settle down in the coming weeks/months and bring some logic to its operation, allowing us all to represent the residents in our wards.

While the "Bin Strike" remains active the City are introducing a revised schedule of collection, with household rubbish and recycling on an alternate fortnightly basis, this is all to start week commencing Monday 4th August according to your collection date, some of which have been revised. You should by now have received a date for your collection date and a new bin for cardboard and paper.

August '26

John.cooper@suttoncoldfieldtowncouncil.gov.uk
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

Stonehouse Road Island Repaired

Below: After reporting **Stonehouse Road island** for repair, and having repeatedly chased this work to be carried out, we are pleased to see the island fully repaired.



Above: Stonehouse Road Island Repairs Completed

Below: Dennis Mortimer visiting Sutton Vesey to support a Dementia UK fundraising event at Sutton Rose Care Home in Boldmere.



Left: Cllr Anja Pawson thanked **Dennis Mortimer** for supporting the Dementia UK fundraising event at Sutton Rose Care Home in Boldmere. Dennis Mortimer was the captain of Aston Villa when they won the first division championship in 1981 and the European Cup in 1982. The well-attended community event featured an array of amazing stalls, delicious cakes, a raffle, and activities for children. We congratulated the organisers on raising £650 for Dementia UK.

A phenomenal success!

Email Anja: anja.pawson@birmingham.gov.uk

Follow us on Fb: VeseyNews



From Rob Pocock, Community Campaigner, Sutton Vesey

SCARY SCENES ON THE WAY TO SUNNY SWANAGE!

Travelling to and from my favourite summer holiday haunt in the Dorset coastal town of Swanage last month took in a lot of driving. Especially as the A31 was still closed on the way down due to the New Forest wildfires – that put many more miles on the clock diverting through Salisbury and Blandford.

However, anyone who has done that route will know the A roads are pretty straight and an attractive drive. The big problem being that overtaking is difficult and at times downright dangerous. Being in holiday mode I was taking it easy, but clearly ‘road rage’ was afflicting many others on the same journey.

We often moan about maniac drivers in Birmingham but I can say from recent experience that rural England has its fair share of them too. Why is it that for so many drivers, all sense of reason seems to go out the window when they get behind that driving wheel?

The shocking and unforgivable behaviour of the young gang on the wrong side of the A66 in Middlesbrough who killed two police officers (and themselves into the bargain) has rightly stunned the nation. But this is not an isolated incident. In one shape or another you can see scary and scandalous examples of appalling driving behaviour pretty much anywhere, and certainly not just the big cities.

What should be done? I support the recent proposals to reduce speed limits (although 20mph everywhere is unrealistic, and is just asking for trouble). But 20mph on a quiet residential road seems fair to me. But then comes the question of enforcement. Cameras and police traps everywhere are labelled a ‘woke war on the motorist’ or just ‘money grabbing by mercenary Councils’. I don’t actually think we can enforce our way out of the problem.

Confession time – some years ago I was clocked doing 38 in a 30 limit (not while in Birmingham I have to say!) – and had the option of a speed awareness course. It was the best thing I ever did so far as driver behaviour is concerned. Although quite some years ago, it was a real eye-opener that still affects how I drive now – and most especially, the calmer mindset to put on when you get behind that wheel.

Not all the nutters we see would take this on board of course but it might make a lot of difference if we all had to do a speed awareness refresher every few years as a condition of holding a licence. Normal driving behaviour might be a lot better then when I next take the summer route to sunny Swanage!



**West
Midlands
POLICE**

#Safer Towns Summer - Protect your mobile phone

Thieves may steal your phone to get access to your bank accounts and personal data as well as for the device itself.

Find out how to protect yourself from mobile phone theft, and how to set your phone up to avoid further loss if it's stolen.

How thieves target you

To help keep your handset and data safe, follow these tips:

Avoid leaving your phone unattended, out of your sight, or left on a table. Thieves can grab a phone from a table in seconds or can distract you to take it.

Keep an eye on who's around you when using your phone in public. Thieves use 'shoulder-surfing' (looking over your shoulder) to watch or film you entering passcodes or see your data.

Avoid entering personal information in a public space, and wherever possible, use biometric authentication, such as Face ID or Fingerprint, to access your phone and sensitive apps rather than passcodes.

Never give your phone to people you don't know or have only just met. Thieves may ask to borrow your phone or offer to enter their number. Don't let them.

Put your phone away when you've finished using it.

Securing your phone in case it's stolen

If your phone is not well protected and it gets stolen or lost, thieves could access your banking apps, get into personal accounts, and even steal your identity.

Consider whether apps containing sensitive personal information, such as banking apps, need to be on your phone at all. Some may be better kept on a tablet or other device that you don't routinely carry with you.

Use your phone's locking feature

Choose a strong PIN, passcode, password, or pattern, or use biometric authentication, such as Face ID or Fingerprint. Passwords are harder to 'shoulder-surf' than short PIN codes.

Set the auto-lock to activate itself after a short period of time.

Activate your phone's built-in anti-theft protection

For iPhones, use 'Stolen Device Protection' to prevent your phone's key security settings being changed if it's stolen.

Hide applications such as banking applications in hidden folders by:

pressing and holding on the app

pressing 'Require Face ID'

pressing 'Hide and Require Face ID'

[Find further guidance on how to do this at Apple Support \(UK\)](#)

For Android phones, use 'Theft Detection Lock' to activate your device's motion sensor feature. Your phone will automatically lock if it detects unusual movement, for example, if it's snatched.

You can also hide applications in secure or safe folders. This allows the folder to be locked with a different passcode to the device itself. Further guidance on how to do this can be found on your phone manufacturer's help pages.

Get your IMEI number

Your phone's IMEI (International Mobile Equipment Identity) number can help identify your phone if it's lost or stolen. You can get the IMEI number by typing *#06# on your phone keypad. Keep a note of it somewhere other than on your phone.

Keep your software regularly updated

This will make sure both your device and apps have the latest security settings. You can set your phone to auto update in the settings menu.

Use a tracking app

You could consider setting up a tracking app on your phone so you can see where it is from another device like a laptop. Use it as soon as possible, before thieves have a chance to disable it.

Turn off message previews

Turn off message previews, so that thieves won't see any messages about reset or login codes when your phone is locked.

Protect high-value apps

Secure high-value apps, such as banking apps and digital wallets, behind biometric identification. Alternatively, use strong passwords that you don't use on other accounts. Never store these passwords on a 'note' file on your phone where a thief could find them.

Make sure you can still access your data

Make sure:

- your phone data is regularly backed up
- there's somewhere separate to your handset that you can get access codes sent to (two-step verification codes) to verify access from another device
 - you keep important information like family and friends' phone numbers and passwords somewhere else, not just on your phone
- photographs of identity documents stored on your phone are hidden behind passwords otherwise these can be used by thieves to apply for loans in your name. Photographs can also be secured in hidden folders

• If your phone is stolen

our personal data may be at risk. **It's important you act fast.**

Report the crime to us as soon as you can.

If you've been hurt, feel unsafe or the crime has only just happened, call [999](tel:999).

You can also report the crime to us [online](#). Or call [101](tel:101) for non-emergencies.

Include details of your device (such as the IMEI number) in your report as well as any fraudulent transactions.

You should:

- block your phone using another device. You can use 'Remote Lock' on Android (this needs to be activated in your settings first) or 'Lost Mode' on iPhone
 - contact any banks and other financial providers so they can cancel or freeze any accounts linked to your phone
 - change passwords for any sensitive apps or accounts that are on your phone. You should do this for your email, social media and banking apps first
- force all devices and applications to log out of your accounts and notify your phone provider so that 2SV messages don't get sent to your number. You should also give them your IMEI number so they can block your device

Message Sent By



Stefanie Sadler 31101

(West Midlands Police, Engagement & Consultation Officer, Corporate Communications)

Friends of King George V Playing Field

First the bad news – a caravan full of miscellaneous smelly rubbish was dumped by the main gate to the field on 14th August and remains there to this day, 27 August, in spite of it's being reported to BCC by committee members, other Friends, local residents and Vesey Ward councillors. The latest development is a note on the window from Kier Transport to the 'occupier' saying it must be removed by September 7th or they will inform the council!! We can do no more other than keep reporting it. At least the rain makes it less of a fire risk.

Now the good news, the notice board that was demolished by the travellers has now been reinstalled, in a more visible position. When we've repainted it we'll replace the notices.

Finally we have our next group meeting on Wednesday 23rd September at 7.30pm at Banners Gate Community Church, Westwood Road, B73 6UH. Please come along if you can make it. We need your input and suggestions to help us plan for the future of the field.

50



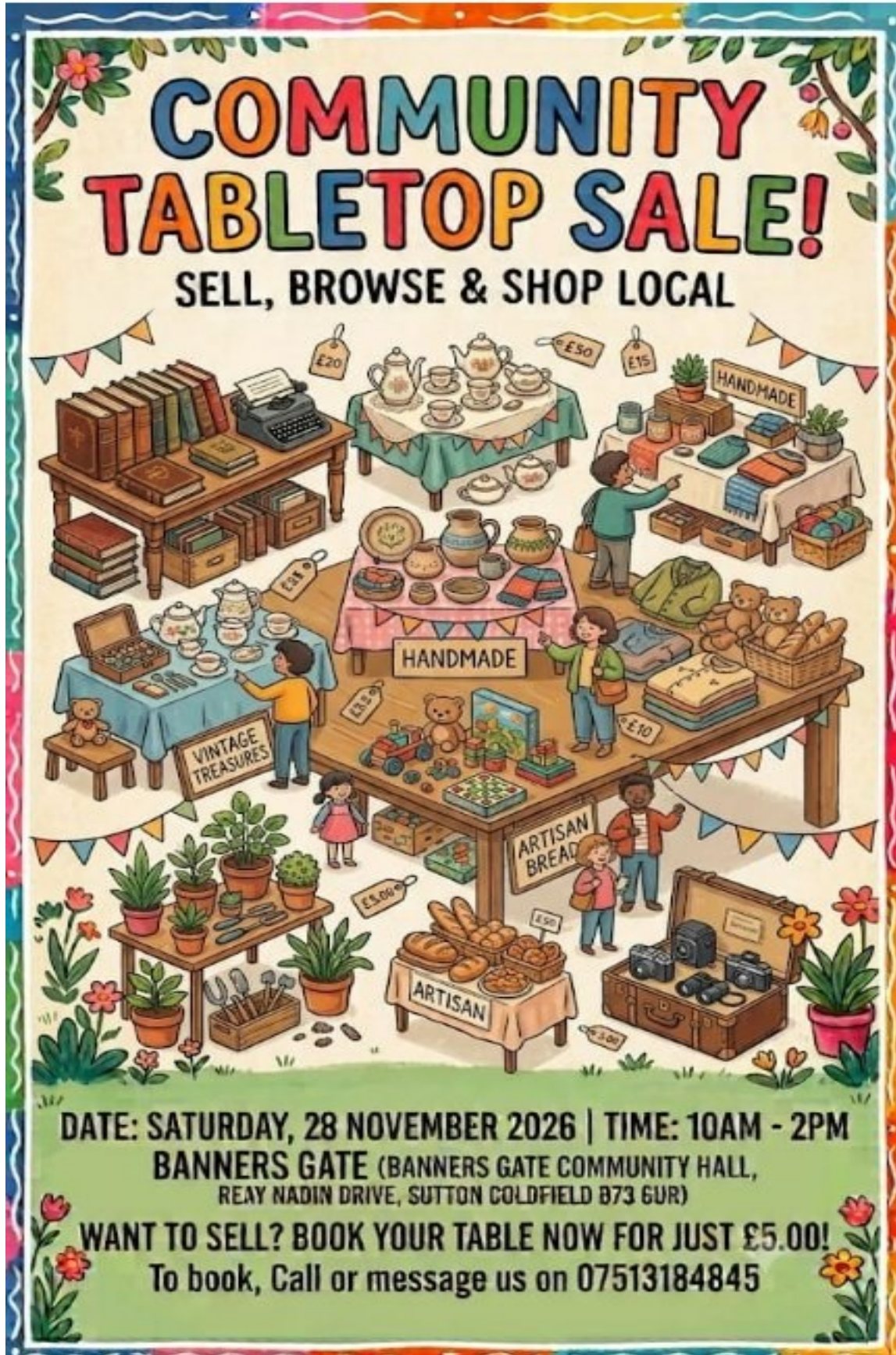
BANNERS GATE COMMUNITY ASSOCIATION

We are holding a tabletop sale at our community hall on 28th November 2026.

Time from 10.00am to 2.00pm

If you would like to have a table, cost £5, please contact 07964 213 229.

So far, we have Children's toys, beauty products, bric-a-brac, Military Veterans, craft store and book table.





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 30th 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 4th 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.

Continued on next page...

STOP PRESS



People's Emergency Briefing

On the climate and nature crisis

Boldmere / Wylde Green



Film screening and discussion
Highbury Theatre
Sheffield Road
B73 5HD
4th October 2026 4pm

16

www.nebriefing.org

Edit Image

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

Article by: Rebecca Clarke

Sow Very Vesey / Friends of Boldmere & Banners Gate

Annual Concert



**St Columba's Church
Banners Gate Rd, Sutton Coldfield
B73 6TX**

An Evening of musical entertainment.

Music Director Steve Roche

Accompanist Chris Walk

Percussionist Clare Ray

Guest Artistes

Strings of Serenity

Saturday, 17th October 2026 at 7.00pm.

Tickets £15.00 including refreshments

Available from:

Meirion Bowen 07766 301677

Warren Woodcock 07305 971506

Francis Beirne 07502 021179

The Town Council are again running the **'Soul of Sutton' photography competition**.

Residents of Royal Sutton Coldfield, aged 13* and over, are invited to submit photographs that capture what 'home' means to them. Entries may depict a favourite local landscape, a cherished community space, a family tradition, a moment in everyday life, or anywhere that represents 'home' in the Royal Town.

The competition is free to enter and is open to amateur photographers who are residents, pupils, or students of the Town of Royal Sutton Coldfield. Participants may submit up to five photographs and will be entered into one of two age categories:

- 13–17 years**
- 18 years and over

Prizes of £100, £50 and £25 One4all Gift Cards are up for grabs in each of the two age categories (13–17 and 18+).

For full details: <https://suttoncoldfieldtowncouncil.gov.uk/soul-of-sutton-photography-competition-2026/>



The poster features a black background with the title 'Soul of Sutton' in a large, yellow, cursive font at the top. Below the title are three photographs: a young boy in a blue jacket taking a photo with a DSLR, a person holding a camera lens up to their eye, and a person with curly hair taking a photo with a vintage camera. The main title 'PHOTOGRAPHY Competition 2026' is in large white and yellow letters. Below this is a white banner with a camera icon and the text 'Capture what 'HOME' means to you'. At the bottom left, it says 'Open to Sutton Coldfield residents aged 13 and over' with a link 'bit.ly/soul-of-sutton-26'. In the center, there's a grid of logos for various retailers including One4all, M&S, ASOS, Schuh, Nando's, Primark, River Island, H&M, and others. On the bottom right, there are three prize tiers: 1st place with a £100 Gift Card, 2nd place with a £50 Gift Card, and 3rd place with a £25 Gift Card, each with a corresponding medal icon.

Soul of Sutton

PHOTOGRAPHY
Competition 2026

 Capture what **'HOME'** means to you

Open to Sutton Coldfield residents aged 13 and over

 bit.ly/soul-of-sutton-26

Prizes:

- 1st Place: £100 Gift Card
- 2nd Place: £50 Gift Card
- 3rd Place: £25 Gift Card



Submit your entry through:

Email: enquiries@suttoncoldfieldtowncouncil.gov.uk

Post: Royal Sutton Coldfield Town Council

Suite 6, 62 Anchorage Road, Sutton Coldfield, B74 2PG

Social Media: Direct message or tag us with **#SoulOfSutton** on    

Hi Banners Gate Community Association,

I hope you're well.

My name's Alex - I'm a Casting Producer working at Avalon Television Limited, a multi-award-winning production company, producing *Taskmaster* and *Junior Taskmaster* (Channel 4), *Not Going Out* (BBC One), *Dogs Behaving Very Badly* (Channel 5), *The Chris & Rosie Ramsey Show* (BBC Two), as well as many more. Please see our website: www.avalonuk.com

We are looking for households (families, partial family units, house/flatmates) to take part in a new series for primetime Channel 4. The chosen households will take part together in an array of creative, fun and head-scratching games from the comfort of their own homes – in the hope of beating the other households to win a cash prize, as well as having a lot of fun as a household. The tasks will be set by Alex Horne of *Taskmaster* fame!

We are looking for households in your local area and I wondered if you could share the attached flyer within your network to help spread the word? More information, T&Cs and the application form can be found at www.avalontvcasting.com

Thanks so much,

Alex

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
20TH 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

for further details.



LOVE TO PLAY

ROLE PLAY SESSION

ALL AGES WELCOME



IMAGINE **EXPLORE** **LEARN**

**ST COLUMBA'S CHURCH
BANNERS GATE**

**WEDNESDAYS
(TERM TIME ONLY)**

10.15AM-11.30AM

**£5 FOR 1 CHILD/1 ADULT
INCLUDES
SNACK & DRINK**

CONTACT BECKY
07940547492
BECKY@LOVEFORBABIES.CO.UK
LOVEFORBABIES

Love For Babies
Baby & Toddler Classes

Love For Babies

Fun Interactive Baby & Toddler Sessions

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

Baby Sessions: Tuesdays & Thursdays Beacon Church Pheasey	Role Play Sessions: Wednesdays St Columba's Church Banners Gate
---	---

Contact us for more information or to book your space

Contact: 07940547492
becky@loveforbabies.co.uk
Love for babies f
www.loveforbabies.co.uk



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

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

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

**Trio Of Love
4 Week Course**

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

**Baby Massage & Spa
5 Week Course**

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



Love To Spa

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

Love To Play

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



Love For Senses Baby Group

PLAY • LEARN • CONNECT

Join us in a relaxing, friendly, safe space for you and your baby to explore and have fun. Chat and relax with a cuppa whilst exploring a selection of sensory toys and themed activities. Finishing the session with singing time and a selection of musical props.

RELAXING & FRIENDLY ENVIRONMENT	SENSORY TOYS & THEMED ACTIVITIES	SINGING TIME & MUSICAL PROPS	CHAT & RELAX WITH A CUPPA
---------------------------------	----------------------------------	------------------------------	---------------------------

£5 PER FAMILY **TUESDAYS 11.00AM - 12.00PM** **BEACON CHURCH PHEASEY**

GET IN TOUCH
07940 547492
Becky@loveforbabies.co.uk




Love For Babies
Baby & Toddler Classes

MAKING MEMORIES • BUILDING CONNECTIONS

The Art of Craft

Join us to enjoy workshops using textiles stitch, clay and paper craft to promote wellness and creativity.

Communita Cafe, 78 Boldmere Road,
Sutton Coldfield, B73 5TJ

Time: Mondays 2-4pm

21st September, 5th & 19th October,
9th & 23rd November, 7th December

No experience needed, for people 50+

For more info and to book a free place:

Please contact Sally at

soothingstitches@btinternet.com 07808 988945

Diane at Communita Cafe:

d.mccarron@ageconnectswm.org.uk



communita cafe

What's On

September 2026

Opening Times

Monday to Saturday 8:30am - 4.15pm

Call us on 0121 362 3650

For bookings, call us on 0121 630 2462
communita@ageconnectswm.org.uk

September

Communita 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.

Soothing Stitches: 2pm - 4pm - 21st Only

Enjoy workshops using textiles stitch, clay and paper craft to promote wellness and creativity. See booking details on the back.

Tuesday

Allotment Group: 10am until 12pm - weekly

Talk all things gardening with the Communita 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 - 1st and 15th 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 - 2nd, 16th and 30th 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 - 3rd and 17th 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.

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

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 - 5th October Only

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

Afternoon Tea: Saturday 19th September Only

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

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!

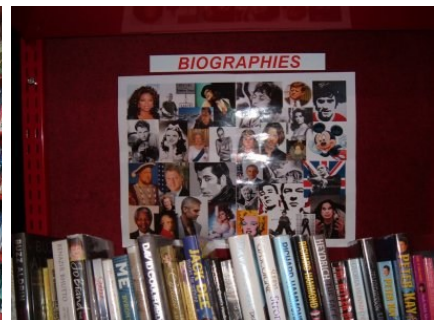
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library



Sutton Coldfield Repair Cafe



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

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

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

Next events:-

11th October at Wylde Green United Reformed Church.

8th November at Wylde Green United Reformed Church.

13th December at Wylde Green United Reformed Church.

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.



Great Truths that Little Children have learned

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit back, they always catch the second person.
- 4) Never ask your 3-year-old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a dust buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandma's lap.



Great Truths that Adults have learned.

- 1) Raising Teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise, it's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fibre and not the toy.

The Four Stages of Life

1. You believe in Sants Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus

Success

At age 4 success is... Not piddling in your pants

At age 12 ...Having friends.

At age 17... Having a driver's Licence.

At age 35....Having money.

At age 50..., Having Money

At Age 70 ...Having a Drivers Licence.

At age 75... Having friends

At age 80.... Not piddling your pants.

Always remember to forget the troubles that pass your way,

But never forget the blessings that come each day.

Have a wonderful day with many "smiles ",

Life is too short.

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 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

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

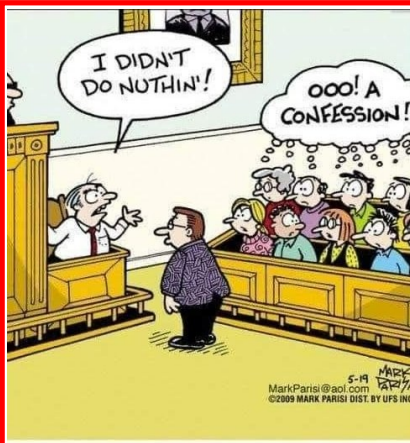


Good Hope Hospital
Charity

**SUTTON COLDFIELD
PROSTATE CANCER
SUPPORT GROUP**

**Football
Foundation**

Cartoons from Chris. Thank you Chris W



JURY OF ENGLISH MAJORS



"And, if you fall behind on payments, it drives itself back to the dealership."



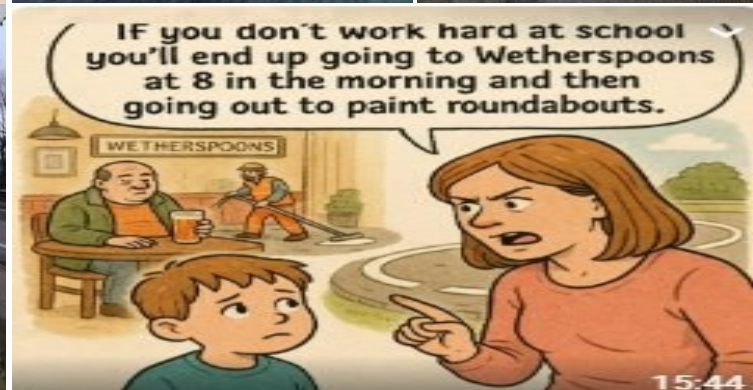
"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."



I knew joining Ancestry.com would be a bad idea.



I need a day between every day to recover from the day before and prepare for the upcoming day.



Really Bad Analogies Written by High School Students

1. Her eyes were like two brown circles with big black dots in the center.
2. He was as tall as a 6'3" tree.
3. Her face was a perfect oval, like a circle that had its two sides gently compressed by a Thigh Master.
4. From the attic came an unearthly howl. The whole scene had an eerie, surreal quality, like when you're on vacation in another city and Jeopardy comes on at 7:00 p.m. instead of 7:30.
5. John and Mary had never met. They were like two hummingbirds who had also never met.
6. She had a deep, throaty, genuine laugh, like that sound a dog makes just before it throws up.
7. The ballerina rose gracefully en pointe and extended one slender leg behind her, like a dog at a fire hydrant.
8. He was as lame as a duck. Not the metaphorical lame duck, either, but a real duck that was actually lame. Maybe from stepping on a land mine or something.
9. Her vocabulary was as bad as, like, whatever.
10. She grew on him like she was a colony of E. coli and he was room-temperature Canadian beef.
11. The revelation that his marriage of 30 years had disintegrated because of his wife's infidelity came as a rude shock, like a surcharge at a formerly surcharge-free ATM.
12. The lamp just sat there, like an inanimate object.

Here's your quiz, in two parts

1. Which commodities would you buy at a PYO Centre?
2. What sort of 'Academy' did Cat Deeley co-host?
3. What does FT stand for in the name of the financial daily newspaper?
4. Which punctuation mark would an American call a period?
5. According to the proverb, imitation is the sincerest form of what?
6. In which sport is there a foil discipline?
7. According to the saying, what do birds of a feather do?
8. The Dauphin was heir to which European throne?
9. In 2001, which release returned Kylie Minogue to No. 1 in the album charts?
10. William 'Fatty' Foulkes played which sport?
11. A skulk is the collective name for a group of which animal?
12. What did Charles Perrault collect?

1. Which Biblical giant was killed by David?
2. What colour is the baize on a snooker table?
3. If you practiced on a pommel horse, where would you probably be?
4. What was the Vicar of Dibley's name?
5. What was Coco Chanel's Christian name?
6. In which European country are the Pindus Mountains?
7. In which city is the University of Surrey?
8. What kind of a plant is fescue?
9. 'Englander' is an anagram of which Country?
10. Which Bond film shares its name with Ian Fleming's Jamaican Home?
11. 'The Dogs' involves races of which breed?
12. Which race meeting is known as 'Glorious'?

Answers

1. Fruit and Vegetables (Pick Your Own) 2. Fame Academy 3. Financial Times 4. Full Stop 5. Flattery 6. Fencing 7. Flock Together 8. France 9. Fever 10. Football 11. Fox 12. Fairy tales

1. Goliath 2. Green 3. Gym 4. Geraldine Grainger 5. Gabrielle 6. Greece 7. Guildford 8. Grass 9. Greenland 10. Goldeneye 11. Greyhounds 12. Goodwood

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

This weird folding mirror that seems to only reflect upside down.



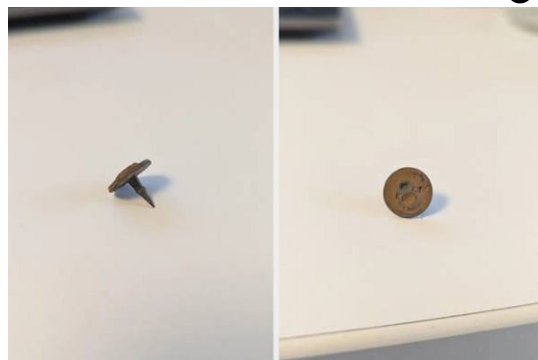
1

This giant windowsill outside of someone's kitchen window .



2

A numbered thumb tack that was nailed into a window frame.



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. A portable solar firestarter/cigarette lighter. [They look] [like this](#)."— [u/liarandathief](#)

2. Some folks suggested this was likely part of an icebox. The original poster replied that they were "able to find an advertisement in a 1910 catalog called 'The Western Architect and Builder.' A company in Cincinnati called The Architectural Stone Co. seems to have manufactured what they call a Composite Window Refrigerator. [Here is a link to the advertisement](#)."

3. "It is used to identify which screens and storm windows go in which opening. Changed twice a year."

— [u/old-uiuc-pictures](#)

"Back in the day, windows arrived at the construction site in pieces and were fitted, assembled, and installed by finish carpenters. So every one was slightly different in size. Since wooden storm windows and screens fitted inside the window molding, they were also all different sizes. Knowing which one went with which window before you carried it up the ladder was a big time saver."

Things you may not know in Wales

Winifred's Well

The oldest continual pilgrimage site in Britain was supposedly created by a gruesome beheading. One of the many holy wells scattered across Europe, Winifred's Well (or St. Winifride's Well) has been visited by the faithful for over a thousand years after it was created by a martyr's lopped off head.

As the story goes, Winifred, daughter of a wealthy [Wales](#) citizen and sister of fellow Saint Beuno, was being romantically pursued by a man named Caradog. Winifred was not interested in the man's advances and when she finally refused to lay with him, Caradog lopped the young woman's head off. Where her head hit the ground, a natural spring instantly sprung. Poor Winifred was thankfully resurrected thanks to the saintly prayers of her brother, but the spring remained. Pilgrims who visited the miraculous spring claimed that the waters healed any number of ailments and a proper structure was built around the site some time in the 12th century.

The legend aside, it is known that Winifred was a real personage and the current structure built over the spring that bears her name seems to have replaced an earlier structure. The current medieval chapel was built in the 16th century and has seen such famous faithful grace its arches as Kings Richard I and Henry V. With pilgrims visiting the well for its healing waters for over a thousand years that we can confirm, a tradition that has been unbroken during its existence, the well also claims to be the oldest active pilgrimage site in all of Britain.



While the aging medieval chapel still covers the bubbling well waters, the site has added a shallow wading pool in the courtyard that is filled directly from the well. Visitors can actually bath in the holy waters and towel off in the innocuous cabanas. Despite a violent origin, Winifred's Well is a peaceful site that allows for relaxation that might be more healing than the magic waters.





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.

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.

Holistic Healing

through sound vibration

A unique journey to self-healing through ancient practices for modern well-being and healthier lifestyle

Indian Classical Raag singing designed to heal, uplift and transform.
Yoga-Chi (a fusion of Yoga and Tai Chi) following movements with breath
Herbal and nutritional guidance to support a healthier lifestyle.

These sessions will take you on a journey: through the uplifting tones of Raag singing, the flowing sequences of Yoga-Chi and the practical knowledge of herbal and nutritional wisdom.

FREE classes - All welcome to Join
St Chad's Community Church Hall
Hollyfield Road,
Sutton Coldfield. B75 7SN.

Every Wednesday

10am – 11:30am

Free light refreshments

Workshops delivered by highly qualified and experienced practitioners

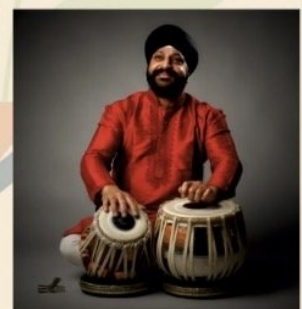


Satpal

Yoga, Tai Chi and Meditation Tutor



Healthy Lifestyle



Pritam

Indian classical musician
and Raag singing teacher

For further enquiries please contact:

Pritam 07773724697

E: pritam@drumatized.com

E: adstchads@hotmail.co.uk

Website: www.drumatized.com

Facebook: Drumatized



Scan to explore Drumatized



Tech Giant

BUY • SELL • REPAIR • EXCHANGE

 Apple  SAMSUNG  XBOX  Pixel  PS5

Free screen protector with any screen replacement!

OUR SERVICES

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

Get
15%
OFF
WITH THIS
LEAFLET



0121 824 7741



www.techgiantonline.co.uk



25 Boldmere Road, Sutton Coldfield B73 5UY

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
Scan the QR code on the left for future updates, or visit: 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

Tel : 01213691699

www.britishelderlycare.com

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

Compassionate care just for you.

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

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

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

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.

BRITISH ELDERLY CARE SERVICES
• Supportive • Honest • Innovative • Credible

Building a Better Life for you and your loved ones.

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

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

btnbvi.org

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

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

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

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

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

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

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

We particularly need good quality:

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

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

British Heart Foundation

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

0121 355 5848

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

giftaid it

©British Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426). 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 11th - 15th 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@drumatized.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

info@squarepegactivities.org

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

**Thursdays
1-3PM**



SOCIAL SESSION FOR DISABLED ADULTS & CARERS

Activities

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

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

£3 suggested donation

To book please email:

info@squarepegactivities.org



**SQUARE PEG
Activities**

Where square pegs fit in

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

Regular activities include:

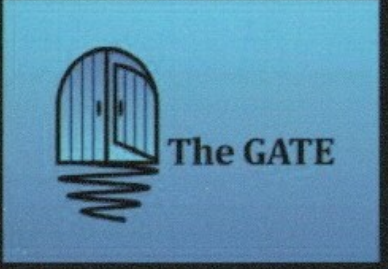
- Pool
- Table Tennis
- Scalextric
- Darts
- PS5
- Get Creative
- Chill & Chat
- Coffee Bar

The GATE

Youth Club

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

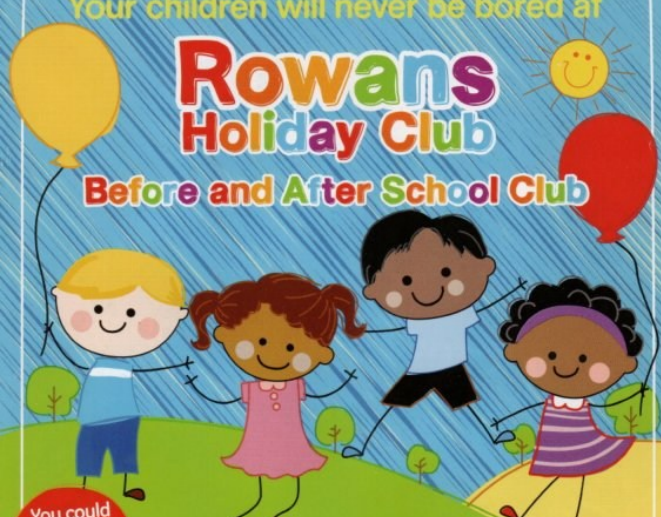
Banners Gate Community Church
 Westwood Road
 Email: bannersgatechurch@gmail.com



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
 email rowansnursery@live.co.uk
 telephone Becky Jones or Amy Ganley on 0121 354 4120

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

Ofsted
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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

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

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

Please contact 0121 362 3650 for more information if:

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

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

*You would like to increase your social opportunities.



*Sunday Mornings
at St Columba's*

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

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

You are welcome.

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Slimming World
taste the freedom

FREE membership
when you 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)

Touching 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

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

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

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

Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything.

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



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

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

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

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

New Oscott Village Gym

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



Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk



ExtraCare
Charitable Trust

our place

ADVICE

COFFEE MORNING

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

CONTACT RANJAN HOATH FOR MORE INFORMATION

DATES

8TH AND 22ND JANUARY

5TH AND 19TH FEBRUARY

5TH AND 19TH MARCH

2ND, 16TH AND 30TH APRIL

14TH AND 28TH MAY

11TH AND 25TH JUNE

10AM-12PM

VENUE: OUR PLACE COMMUNITY HUB

FARTHING LANE

B72 1RN

0121 354 4080

FUNDED BY





MEN WALKING AND TALKING
Est. 2021

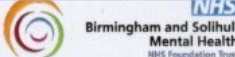


SUTTON COLDFIELD GROUP
MEETING POINT - SUTTON COLDFIELD TOWN HALL ENTRANCE
WEDNESDAY'S @7:00PM

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

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

MENWALKINGANDTALKING.CO.UK

 **Birmingham** 

‘Talking Space’

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

Low Mood Struggling to Cope

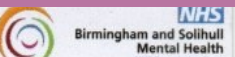
Mental Health Crisis Suicidal Thoughts

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.



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

£5
PER PERSON

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

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

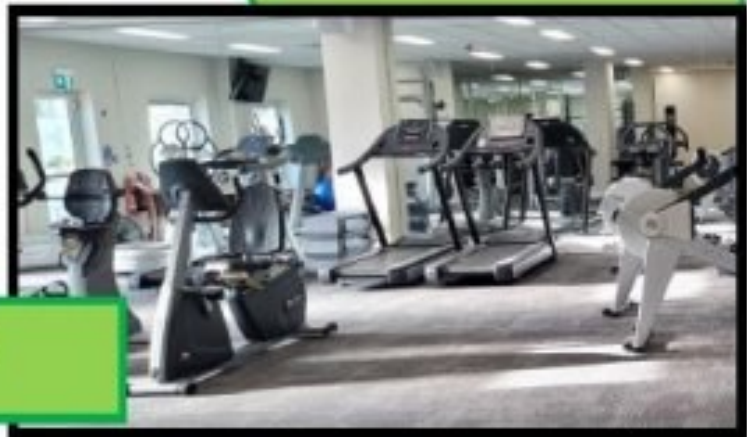
New Oscott Village **SPECIAL SUMMER OFFER!**

*Special offer for Banners Gate
forum subscribers*

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

Come and have a look around

START TRAINING TODAY



Why Choose Us?

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

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

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

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



0121 377 5000

Jackie.Taylor@extracare.org.uk

New Oscott Village, 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

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 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/

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



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



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

Scan me to find your nearest location and sign up!



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

We are an equal opportunity organisation and welcome volunteers with diverse abilities.

foodcycle.org.uk/volunteer/
Registered Charity Number 1134423

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

When
Monday

Time
1:00 pm

Contact
falconlodge@foodcycle.org.uk

Family Friendly
Yes

Accessibility - Disabled Toilet
Yes

Accessibility - Disabled Parking
Yes

Accessibility - Flat
Yes



Are you interested in Art?

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

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

www.suttoncoldfieldsocietyofartists.co.uk

www.suttoncoldfieldsocietyofartists.co.uk



suttoncoldfieldsocietyartists



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

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

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

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

Make New Friends Learn New Skills ☕

the
Seasons
Art Class

COME AND
WARM UP
WITH US!



THIS IS THE
**ART
CLASS**

YOU'VE ALWAYS WANTED

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



NEW
COURSE
CONTACT US
TODAY

ABSOLUTE BEGINNERS TO IMPROVERS
WILL LOVE THIS COURSE!



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



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



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



STRICTLY LIMITED PLACES
CALL NOW

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

SIP 'N PAINT

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



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

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

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



**Walfinch**
REDEFINING HOME CARE



Sutton Coldfield Photography Club



The friendly club

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

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



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



Contact us at
mail@suttonphoto.club

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

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

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

Sutton Coldfield Sea Cadets & Royal Marines Cadets

Volunteers needed!

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

Sea Cadet
Adult
Volunteer,
aged 30



Gain new skills and
qualifications.



Develop leadership and
teamwork abilities.



Make a positive impact
on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield

Volunteers Needed!



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



WHAT WE DO :

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

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

Please email a bit about
yourself to:

tyler@squarepegactivities.org

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



Tyler Shaw (She / Her)

Delivery and Outreach Coordinator

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

 tyler@squarepegactivities.org

 0121 824 0508
07782 171 954

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

 www.squarepegactivities.org

   @squarepegcharity

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



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 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
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

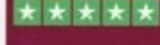


STORES ACROSS
MIDLANDS
OPEN 6 DAYS
PER WEEK

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

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

ARE YOU ELIGIBLE?

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

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



LOVE TO PLAY ROLE PLAY SESSION ALL AGES WELCOME



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

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

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





Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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



REFLEXOLOGY FOOT MASSAGE

"We are living in uncomfortable, crazy times"

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

Switch off for a while - Feel good and reconnect

Benefits include:

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

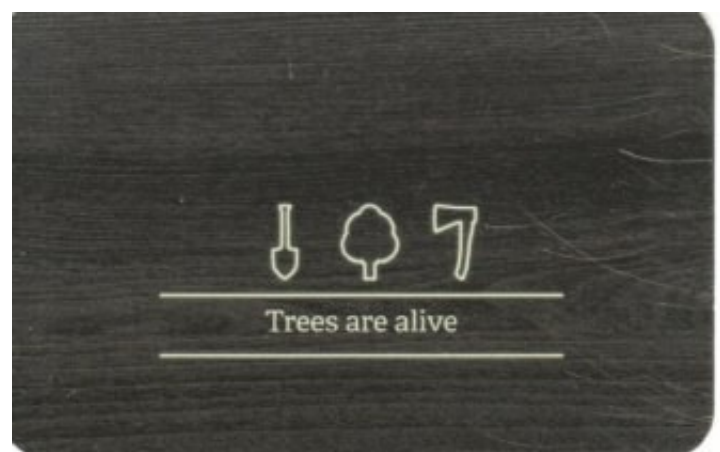


Be kind to yourself
or someone you love

Call Hayley G
07946 740910

Mobile Experienced & Professionally-Trained Reflexologist & Therapist

Gift vouchers available now
(Discounts for Carers!)





Phone Scams

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

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

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

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

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

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

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

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

Attachments

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



Message Sent By

Stefanie Sadler

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



**West
Midlands
POLICE**

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

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

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

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

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

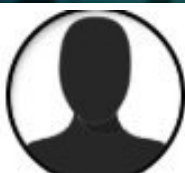
The survey will be open throughout February, and

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

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



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



Message Sent By

West Midlands Police, Corporate Communications



Protect yourself from courier fraud

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

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

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

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

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

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

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

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

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



Message Sent By

Georgia Patterson

(West Midlands Police, Communications Officer, West Midlands)

SUTTON PARK GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH
LAUNCHES WEDNESDAY 26TH JULY 2.30- 4.30PM

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

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

For more information please call please call Karen on 01217 562 174 or email: sutton.enquiries@cinnamonncc.com to reserve your space.

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

CINEMA TICKET

TOP 20 CARE HOME GROUP

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 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

TAKE A PERSONALISED TOUR BOOK TODAY

TOP 20 CARE HOME GROUP

Join us for our next event

Mercia Grange care home, Sutton Coldfield

Coffee, cake & friendship cafe

First Tuesday of every month 2pm - 4pm

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

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

Trusted to care. 

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

care UK 



SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

Please sign up to the mailing list by emailing **nns@ageconcernbirmingham.org.uk** to receive updates on newly supported projects, asset news and training opportunities.

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

What's On at Streetly Community Library Autumn 2025

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

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

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

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

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

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

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

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

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

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

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

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

Saturday 27th September 11-12.30 Lego Fun

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

Saturday 25th October 11-12.30 Lego Fun

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

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

Kingstanding Library

birmingham settlement

developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

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



Like us on Facebook at Birmingham Settlement

Follow us on Twitter at @BSettlement

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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



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

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

OR CONTACT ELIZABETH: 07597 012 598

It's Free!

Free

Bring proof of address for first loan



Pop-up Share Shack



Wednesday 11am - 1pm



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

Come and visit us where you can:

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

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



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



Share Shack



SPORT ENGLAND



active communities



The Active Wellbeing Society

See next page

ELIM LIFE CHURCH FOODBANK

Are here to help You!



COVERING:

- KINGSTANDING
- WYRLEY BIRCH
- PHEASEY

P.T.O

ELIM LIFE CHURCH COMMUNITY HUB

ELC 28 ROMNEY WAY
PHEASEY B43 7TL

OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

www.elimlifechurch.co.uk



PLEASE NOTE:

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



Need help with your daily housework chores?

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

Flexible, reliable,
trustworthy and with
complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696



Benefits Advice Surgery

Every Tuesday & Wednesday from 10.00am - 2.00pm

APPOINTMENTS ONLY



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

Areas Covered:

Erdington, Kingstanding, Perry
Common, Stockland Green,

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



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

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

Benefits and Money Advice:

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

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

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

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

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

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

Energy Efficiency:

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

There are several schemes already available for residents, with full information and guidance available at

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

Foodbanks:

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

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

To find a foodbank or other food support please visit

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

Healthy Start card

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

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

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

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

More Information Available

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

Other Support Available

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

Age UK Birmingham

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

Birmingham Mind

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

Moneyhelper

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

Stop Loan Sharks

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

Turn2Us

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

Birmingham and Solihull Women's Aid

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

Shelter

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

The Active Wellbeing Society

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

The Refugee and Migrant Centre

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

Spitfire Services

Advice on money, benefits, housing and employment issues
0121 747 5932 | 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



Play Bridge




Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

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

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

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

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

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge



Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

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





Classes available now in
Sutton Coldfield - Saturday afternoon





TO BOOK YOUR PLACE PLEASE CONTACT
ERICA

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

Check out the QR Code for further details and reviews



Line Dancing

Absolute Beginners Class

to be held at

Banners Gate Community Hall

Tuesdays 5 - 6 pm

Everyone welcome

Please phone Diane

On 07711 048 215

For further information




CREATIVE PLANTS

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



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

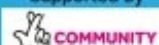


SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

DEBT ADVICE
LEGAL ADVICE

For more information contact us on: 0121 354 4080
Email: advice@ourplacesupport.org
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

 **OUR PLACE** 
Your Place for Support

Let your inner beauty emerge

Heal & Transform

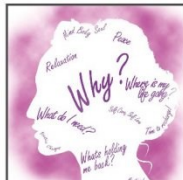
with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach







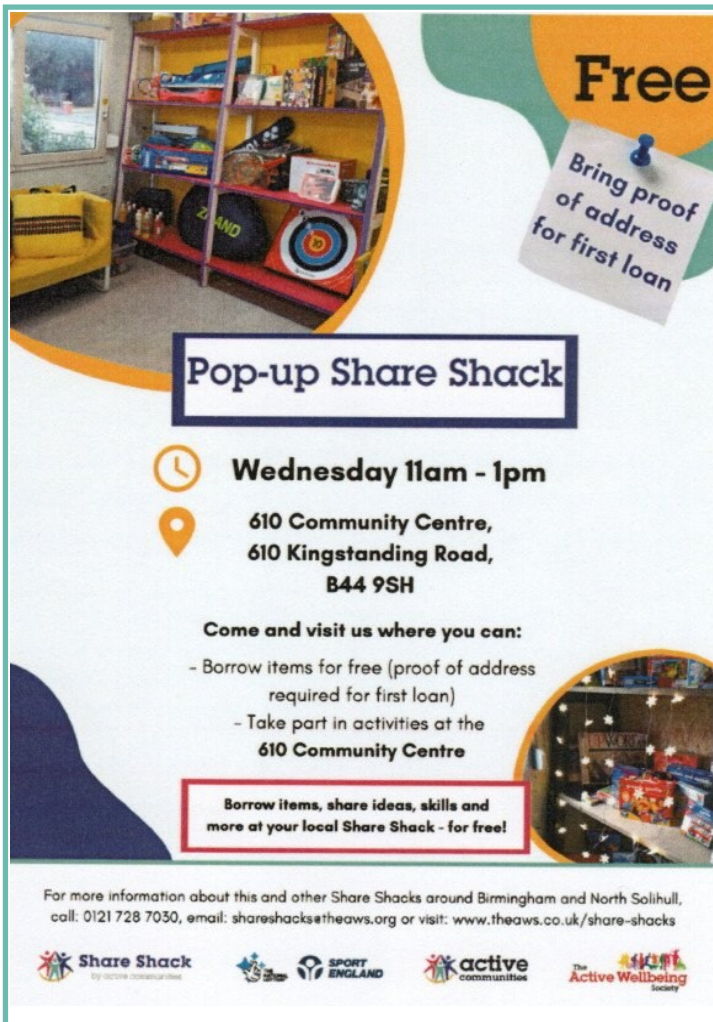


In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?
Have you set aside some time to be still, to reflect on your life and its direction?
Are you looking to make positive changes to your life but don't know how?
Are you struggling to find a meaning or purpose to your life?
Are you struggling with feeling stuck and unable to move forward?
Do you need guidance to a problem you are facing?
Would you like help to identify and set life goals?

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

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

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



Free

Bring proof of address for first loan

Pop-up Share Shack

Wednesday 11am - 1pm

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

Come and visit us where you can:

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

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

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

Share Shack by active communities

SPORT ENGLAND

active communities

The Active Wellbeing Society



**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 | 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.

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

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

EVERY MONDAY & WEDNESDAY
10am—12noon

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

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

ਜੀ ਆਇਆਂ ਨੂੰ

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

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

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

THE BRITISH SIKH AWARDS 2022 WINNER

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ

Sanjha Chulha
a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

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

EVERY FIRST MONDAY OF THE MONTH
Open from 12.30 TO 2.30pm

ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT
BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!

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

Please share with your family & friends

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 – 2.30pm

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

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

MORE INFO:
For all preschool age children.
No booking required.
Call Beth on
07719 857 450
for further details.

Pregnant? Children under four?

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

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

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

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

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

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

Healthy Start
Give your family a Healthy Start

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

Birmingham City Council

HEALTHY START NHS





G & T
party hire

AVAILABLE FOR ALL
OCCASIONS




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

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

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

Facebook: [Gandt party-hire](#)

Instagram: [gandt_partyhire](#)

Email: Gandtpartyhire@hotmail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha

Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

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



Classes available now in
Sutton Coldfield - Saturday afternoon



TO BOOK YOUR PLACE PLEASE CONTACT
ERICA

Text or call: - 07704 523 733

Email:- ecd23@icloud.com



Check out the QR Code for further details and reviews

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

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

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR

**PRICE
£5
PER
CHILD**

MORE INFORMATION

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

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105

07796 546172

caroline@putertutor.co.uk

www.putertutor.co.uk

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



@PuterTutor

...Your tech problems solved

Computers, Mobiles,

Websites, Smart TV, VOIP

Security, Wifi, Printers



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

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



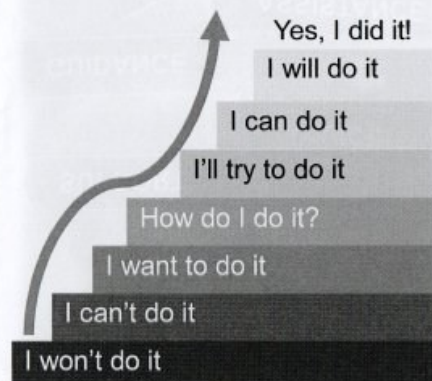
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

birmingham settlement

developing communities, changing lives



Are you
unemployed
and looking
for work?

We can
help!

Employability and Digital Skills Programme

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

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



Scan to learn more
about our services:



www.birminghamsettlement.org.uk

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

www.birminghamsettlement.org.uk

Registered Charity: 517303



THE WALKING GROUP IS BACK!

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

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

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



The Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause

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...



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

Four Oaks
Financial Services Limited
providing positive solutions

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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity

buddy bag
foundation

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

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

This message and any attachments are confidential and may be privileged or otherwise protected from disclosure. If you have received it in error, please telephone or email the sender and delete this message and any attachment from your system. If you have received it in error, you must not copy this message or attachment or disclose the contents to any other person. Any views or opinions expressed in this email are those of the author only.

Email communications are not secure. For this reason, Four Oaks Financial Services Limited cannot guarantee the security of the email or its contents or that it remains virus free once sent.

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



NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



Pizza · Pasta · Steak · Fish

Bistro/Cafe Verona

SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

[https://](https://www.facebook.com/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





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



Trinity Photography Group

Do You Want To...

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

If so... come and join us.

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

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

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

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



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

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



Sutton Coldfield Photography Club



The friendly club

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

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



We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

mail@suttonphoto.club

Find us at

www.suttonphoto.club

or scan the Flowcode here

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



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

CYCLE WITH US

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

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



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



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



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



BIRMINGHAM COMPUTERS & COMPONENTS

Professional supply and support for Business and Home in the Birmingham area.

Check our web site for details of our services and products. We supply Desktops, Laptops – both new & high quality refurbished - Gaming Computers, Accessories, Web Design.

0121 270 6180

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

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 07825001242

Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 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' or telephone our secretary Gail on 0121 353 3373 for more information.

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

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

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

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

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

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

See photos on next page



Sutton Coldfield
Trinity Quilters



Interested in Quilting?

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

Everyone will receive a warm, friendly welcome

Join us for Quilting Inspired.....

Talks, Demonstrations, Workshops
by
Professional Quilters & Textile Artists

Annual Coach Trips

Malvern Spring Quilt Show
Summer Outing to Fabric Outlet

Monthly Meetings (except Aug/Dec)

2nd Tuesday 7.30pm (except Jan)
4th Wednesday 2.30pm (including Jan)

Guests Welcome

Non-members
£6 entry

Membership includes

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



Email: trinity.quilters@gmail.com



Sutton Coldfield Trinity Quilters

Trinity Centre
Off Mill Street
Sutton Coldfield
B72 1TF



More on next page





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

SOUL YOGA



Schedule

Monday
6pm Yin
7.30pm Hatha

Tuesday
6am Rise & Shine

Thursday
9.30am Hatha

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

07963 044364



COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the café

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



www.militarychef.co.uk



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

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

#veteranowned

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd

Odonata Studios
Middleton Hall Courtyard
Tamworth
B78 2AE

Tel:- 01827 287294

email:- gillian@odonatastudios.co.uk

odonatastudio

odonata_studios

www.odonatastudios.co.uk



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



Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

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

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

Migrant Help
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK
Asylum helpline: 0808 8010 503
ASCorrespondence@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. The information on this leaflet was last updated on 06/12/21.

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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 6

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

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

Find out more at: www.birmingham.gov.uk/benefits

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

Neighbourhood Advice Service
Advice on benefits, debt, housing and other money-related issues
0121 216 3030

Help with options: 1 2 3 6

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
reportaloanshark@stoploansharks.co.uk

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

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

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

nostalgic

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



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



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

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

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

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

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

For Over 25 Years We Have Created Flowers For All Occassions. Weddings, Funerals & Corporate Events etc. Let Us Create Something Special For You Today!



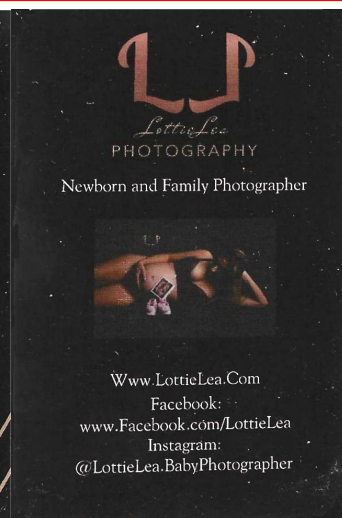
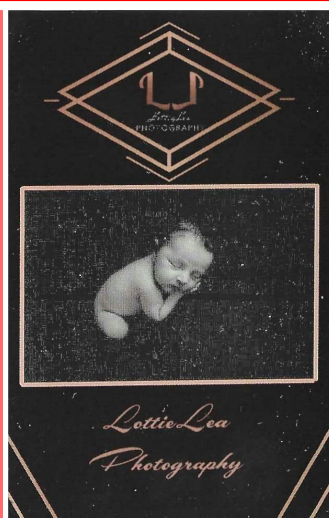
FREE LOCAL DELIVERY OR COLLECTION



From Banners Gate Road
@lisamarieflowersandtherapy



Contact
Lisa Marie on
07765 135497



XXXXXXXXXX
XXXXXXXXXX
XXXXXXXXXX

KIDS & ADULTS

KARATE

Mon 6-7pm 10yr +
Wed 5-545pm 7-9yrs
Wed 6-7pm 10yrs +
Booking Required
07886089473
www.chishiki.co.uk



Manor Crafts



Decorative Arts and Crafts for All Occasions

0779 439 3477

www.manor-crafts.co.uk





Floral Design Classes

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. Contact Lisa-07765 135497



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

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

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

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

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

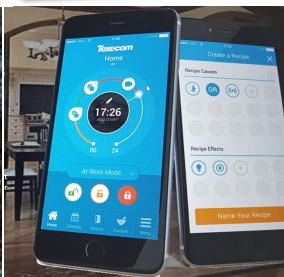


Do you want your advert here, for free of charge.

Email
bgatepost@gmail.com

COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



Discourage lawless individuals from breaking into your property with the modern security systems we provide for properties throughout Birmingham. Based in Great Barr, we are a small family-run business committed to providing state-of-the-art security systems which effectively protect your property from harm. Primarily serving domestic and commercial customers, we design, supply, install, commission, and service all security systems in full accordance and compliance with the latest British and European standards. From supplying high-tech CCTV systems and Burglar Alarms to installing fob Access Control systems and Fire Alarms, we are the first choice when you want to increase your property's security. To arrange a free, no-obligation consultation for any of the security systems we supply, please get in touch.

Phone no. 0121 386 2639

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

Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

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

Email: rosie_p25@hotmail.co.uk



Norbury Maintenance

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

T: Dave Edwards 07305931199

E: norburymaintenance@gmail.com



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

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

Pregnant? Children under four?

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

FREE

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

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

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

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

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

Healthy Start

Give your family a Healthy Start

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

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
Charity no: 517303



610 Community Centre
Kingstanding Road
Kingstanding
Birmingham
B44 9SH

**birmingham
settlement**
developing communities, changing lives



Cafe Oasis

**Freshly Cooked Meals
Home Delivered**

New menu every Friday
Deliveries made on Tuesday and Friday

4 Meals £15

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,
Thursday & Friday.**

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
or find us on Facebook

Cafe Oasis is supported by the
volunteers and staff at Sutton
Coldfield United Reformed Church.
We welcome anyone to join us.



Teachitright
Learn. Develop. Succeed.

FREE trial classes worth £40

95% OF PARENTS RECOMMEND US

80% FREE OVER

11+ Tuition classes

We are in Sutton Coldfield, Streetly, Walsall & Solihull

Taking bookings NOW! for September 2022

Try a FREE Trial Class!

Please call:
01922 863104
07809 614310
www.teachitright.com

Ofsted Registered

CHILDREN'S FOUNDRY ACCEPTED

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.

Maths Tuition

- Online with zoom
(face-to-face if CV19 allows)
- Years 9, 10 and 11. GCSE Maths
- Year 12 A-level Maths
- Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students
- jsw7fr@hotmail.co.uk

G. Rogers

Painting and Decorating
Interior & Exterior
High Class Service
Free Quotations

Tel: 0121 355 0226
Mob: 07879 020 204

Do you want to learn Mandarin Chinese?

Specialist Mandarin Teacher Available online (or in the Sutton Coldfield area)

*Private 1-to-1 classes		
1 hour session £30	1.5 hour session £35 (£23.3 per hour)	2 hour session £40 (£20 per hour)
*Small groups (2 to 4 people)		
1 hour session £35	1.5 hour session £40 (Under £27 per hour)	2 hour session £50 (£25 per hour)
*Groups (5 to 10 people)		
1 hour session £40	1.5 hour session £45 (£30 per hour)	2 hour session £55 (£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!

"Modern, novel, high-tech, unconventional teaching methods. Very effective & fun!" (Former student)

Email Luc at luchubbard@hotmail.com



Chongshin Do Academy of Martial Arts



Kickboxing * Jujitsu * Self-Defence * Fitness



Established in the area for over 22 years

Multi-style martial arts club welcome students of all ages and abilities

Enthusiastic and experienced instructors

Four chances to grade a year for lower grades

Local and national kickboxing and jujitsu competitions open to all students

Contact Gary on 07921 132 860

or email: 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
& Yoga Studio



Pregnancy YogaLates Class



THE LOFT PILATES
& YOGA STUDIO



Pregnancy YogaLates Class

Suitable for 2nd & 3rd
Trimester or non pregnant
beginners.
Cimspa L4 Instructor
Pre/Post Natal Qualified

Starts Thursday 1st Sept 22
6.15-7pm
£6

Register now

07886089473

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
 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



The Clarence Spa, 312 Clarence Road, B74 4LT



Our Cook and Collect take-away service means you can collect a nutritious, vegetarian and...

FREE MEAL!

Every Saturday
from 3rd April
1pm - 2pm
610 Kingstanding
Road

www.foodcycle.org.uk



KN LOCKS & MAINTENANCE

TEL 0121 353 2214 / MOBILE 07971375080

DOUBLE GLAZING REPAIRS AND LOCKSMITH SERVICES

EMERGENCY CALL OUT

ALL TYPES OF LOCKS FITTED INCLUDING ANTI-SNAP CYLINDERS

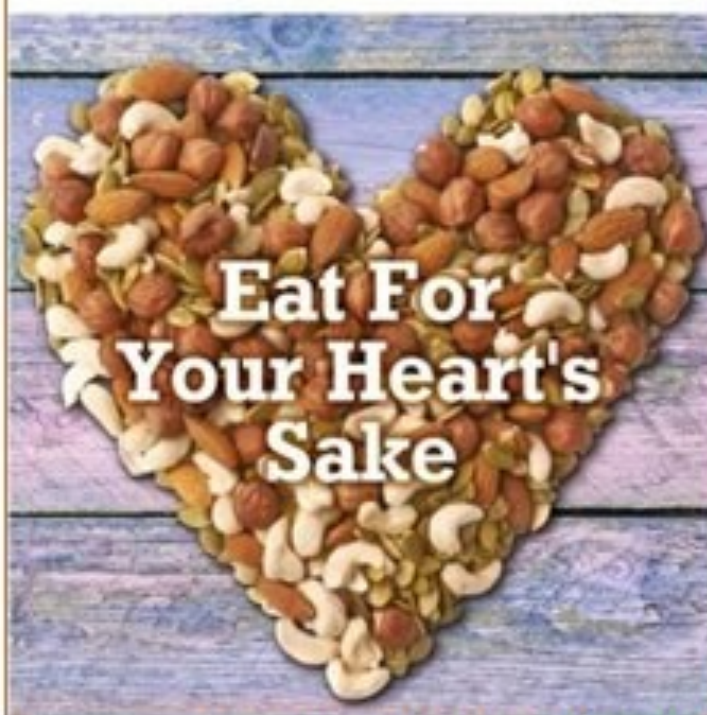
MISTED UNITS REPLACED

UPVC DOOR ADJUSTMENT/ REPAIR

HANDLES / HINGES/ LETTERBOXES REPLACED



GrapeTree
Feel Good Foods



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

Please look for the Beacon Room - Everyone welcome

The Chemist, M.W. Phillips, at Sutton Park Surgery - 0121 353 9027

WDC Service Solutions Ltd

Complete Door Security and Access Solutions

WDC can repair the following products: UPVC WINDOWS, HANDLES, HINGES, LOCKS, ROLLERS FOR PATIO DOORS, SECURITY, UPGRADES, REPAIRS TO UPVC DOORS, TIMBER DOOR REPAIRS, REPLACEMENT DOORS, GARAGE DOOR REPAIRS, REPAIR OR REPLACE, FAULTY CABLES, HANDLES AND LOCKS, REMOTE CONTROLS, REPLACEMENT FOBS, NEW GARAGE DOOR SYSTEMS, FREE QUOTATIONS.

www.wdcservicesolutions.com service@wdcservicesolutions.com
sales@wdcservicesolutions.com T: 0121 285 3222

Unit 16 C, Maybrook Business Park, Maybrook Road,
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

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



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.

**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

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 0121 354 9941



Lucky Buntys
Childrens Entertainment

0777 333 9214
admin@luckybuntys.co.uk



HATHA YOGA

Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



R&B Builders Ltd.

RAFAL SZPAK

Landscaping & Fencing Services
Buildings Maintenance

07828-275-288
www.rbbuilders.net
Rafszpak@gmail.com



Create the best party possible for your little ones

Birthdays, Weddings, Christenings, Fetes, School Workshops, Plays and much more

We can cater for anything including: Full Party Entertainment, Mascots, Soft Play, Bouncy Castles, Face Painting,



and Pamper Parties **Facebook: Lucky Buntys Twitter: @LuckyBuntys**

PetStay

Would you like to be one of our dog carers?

- * Are you at home during the day?
- * Have a very secure garden?
- * Do you love dogs?
- * Want to earn a little extra?
- * Very flexible and fits into your lifestyle
- * We are THE alternative to kennels in the area.
- * Want to join a professional service?
- * Then maybe being one of our many loving dog carers would be ideal for you!



Home Dog Boarders since 2005

Become a PetStay dog carer. Earn from £105 to £207 p/w looking after dogs in your own home

www.petstay.net sue@petstay.net
0121 769 2706 07724 212204
West Midlands North Branch

Paul White Electrical

No Job too small

Paul Andrew White
Electrician

111 Wandsworth Road
Birmingham
B44 9LY
07403445651

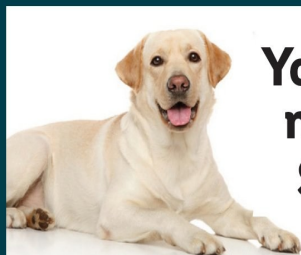
p.white.electrical@gmail.com
Part P reg 58023 PAT Testing



Give your little Mozart a musical head-start

- multi-sensory games and activities
- interactive concerts
- musical Arts and Crafts
- wrap-around care

www.rhythmcircle.co.uk



You'd be barking not to come to
Streetly Vets



89 Blackwood Road, Sutton Coldfield B74 3PW
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets



SWIMMING LESSONS

for ages 4 and upwards:
Wednesday & Friday Evenings
Local Pools ~ All Abilities

Badge Work ~ Qualified Instructors
0121 353 6616

www.swimminglessonsinsuttoncoldfield.co.uk



0 - 13 months Baby Development Class

Wednesdays 9.30, 11.00 and 12.30

Music, singing, exercise, massage, signing, light shows, bubbles, bells, tickly feathers and many more!! For more details:

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

Plastering internal & external specialist
Includes: Dry lining - Plaster boarding - Artex re-skimming - Replacement walls & ceilings - Painting / Decorating - Carpentry

Lee Nugent

36 Banners Gate Road
Sutton Coldfield B73 6RX
Office: 0121 354 5446
Mobile: 07934 15 19 20
Lee.nugent1@virginmedia.com



Personal Training

Looking to lose weight?
Improve your fitness?
Improve your diet?

Katie Ingle

T: 0788 886 7850
E: kiltrfitness@outlook.com
IG: @kiltrfitness
FB: kiltrfitness

Personal training sessions available from £30 p/h at Pure Gym, Sutton Coldfield (+£5.99 for a day pass). Free consultation & monthly packages also available!

Muscle tightness / strains, Joint pain, Sciatica.
Shoulder & neck tension, headaches.
Sports Injuries (specialized in running injuries).



Sports
Massage 360



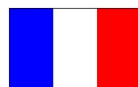
Amy Johnson (Bsc). Recommended since 2014.
206 Westwood Road B73 6UQ 0770 7006802

HOME TUITION

Key Stage Two SATs tuition:
English comprehension, spelling, punctuation, and grammar.

Spanish and French: leisure courses and exam preparation to GCSE and A-level.

Tracy: 0780 329 3351





PRICES START FROM
£20 per hour

**11+ & CATCH-UP
TUITION
AVAILABLE**

MORE INFORMATION
Small Group Sessions
1:1 Online Coaching
Saturday Mornings
Barnes Gate
Community Church
B75 6JH
0771 9857490

CARING FOR CARERS



Supporting carers through
loss and bereavement

Have you experienced a
recent loss of a loved one?

Are you caring for
someone who is near the
end of their life?

Would you like to meet
other carers who share
similar experiences?

Do you need support to
help you through the
grieving process?

Contact our friendly team now
on 0121 809 5902 or
caringforcars@communitiesinsync.info
for more information




COMMUNITIES
IN SYNC



Birmingham
City Council

Manor Crafts



Decorative Arts and Crafts for All Occasions

0779 439 3477

www.manor-crafts.co.uk



GRACECHURCH

The Crafty Lawyer @
Beach House Sixty-four
Arts & Crafts - Handmade Greeting Cards - Unique Gifting

Mantone Craftwork
07956802889
Create a selection of greeting card designs, 3D Decoupage
Tavartage (which is an inward Decoupage)
All sized Plaques of your choice relating to a Birthday or Wedding

OSCAR
much more than pet food®
Nikki Southwick-Gough
Nutritional Advisor
T: 0121 4139878
M: 07714 218678
E: nikki.southwickgough@oscars.co.uk
f /OscarPetFoodsSuttonColdfield
t @oscarstwelpline
www.oscars.co.uk




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.
PROUD INDEPENDENT SMALL BUSINESS
WWW.BERTANDGERTS.CO.UK

Mary's
Where to find your Treat Day
Order for Postal
BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES
WWW.MARYSCUPCAKES.CO.UK
Or visit us at our weekly Markets
Sutton Coldfield The Parade
1st & 3rd Saturday of the Month
Plus scan here for a full list of additional dates..
Redditch Kingfisher Centre
2nd Saturday of the Month
Tamworth Ankerside
4th Saturday of the Month



Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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.

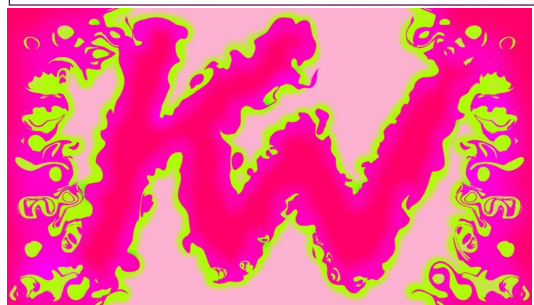
Page2Page book club
Independent Usborne Organiser
"supporting schools and families to improve literacy and learning"
Ruth A Ible
(BA Hons, DipSW)
www.page2pagebookclub.co.uk
info@page2pagebookclub.co.uk
07818 401 440

URBAN CITY WOODSHOP
Reclaim, Reuse, Recycle
Bespoke and Handmade projects
www.urbancitywoodshop.com
Tristram Henderson
Woodworker/Maker
364 Slade Road
Erdington Birmingham
(Rear of Slade Road Motts)
07482173018
Email: info@urbancitywoodshop.com




The Elements Glass
Handmade
Danielle Titley
07971 684057
theelementsglass@hotmail.com
@theelementsglass
www.theelementsglass.co.uk

Furniture makeovers & upcycled items
Jiggity Junk Quirky Furniture
Commissions and off the peg items.
Etsy: www.etsy.com/uk/shop/JiggityJunk
Instagram: @JiggityJunk_quirkyfurniture
WhatsApp: 07481 894 093



Julia Westwood
FINE ART
T: 07971 800025
E: hello@juliawestwood.co.uk
W: juliawestwood.co.uk
f Instagram Etsy REDBUBBLE



Kia Whitcombe
Logos, mix covers, visualizers, prints
kiawhitcombe.com
@kiawhitcombe
kiawhitcombe@hotmail.com
Prints available now at Bert & Gert's Sutton Coldfield

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

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

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

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

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

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

Welcome to Banners Gate Community Hall & Association

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

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

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

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

If you need any information please message on 07964 213 229

Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month
The next is on 18th August - at 10.00 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (last) 10.30 – 2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30 – 8.30pm	Create at Gate with K & S Family Communion Sunday Gathering Chikara Karate Kai Soul Yoga – last Sunday	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy 07837 Cath Hussey	628 6651 354 5873 353 0230 39 57 89
Mon 11.00 to 6.45pm 7.30 – 9.00 pm	Sign Language Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall	Shakila Kosar 07825 Shakila Kosar 07825 Shakila Kosar 07825 Diane Pursall	255042 255042 255042 747 4659
Tues 6.00 – 7.00 9.15 – 2.00pm. 3rd Tues 9.15 – 12.00pm 11.45am – 12.45pm 6.30 – 9.00 7.45 pm	Soul Yoga Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 & 12 10.30 – 12.00 6.30 – 7.30 7.00 pm	Baby Sensory Guide Dog Training Dance Fitness SlimmingWorld	Banners Gate CC Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
Thurs 10.00 – 11.00 am 7.30 on last Thursday 6.30 – 9.45 pm (3rd of each month) 7.00 pm	Yoga Neighbourhood Forum Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Tony Willis Warren 01902 Janice Jones 07955	40 39 43 605 4947 897 900 65 59 10
Fri 11.30 – 3.30 5.00 – 6.30pm 7.00 – 8.00 pm	Sign language Classes Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Shakila Kosar 07825 Chloe Lloyd 07729 Shakila Kosar 07825	25 50 42 47 79 46 25 50 42
Saturday 9 – 10am	Soul Yoga	Community Hall		

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
Counselling to Adults in the
Community. The Upper Room
St. Michael's House
198 Boldmere Road
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
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. 15th Oct. Quiz Night

Our vibrant Guild meets on the 3rd Thursday
of the month, 7.00 - 10.00 in the Westwood
Hall, **Banners Gate Community Church.**
Janice Jones 07955 65 59 10

Banners Gate Community Church

Westwood Road. B73 6UH

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

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

St Columba's Church

Coffee Morning

**Every Friday of
the month**

10.00 - Noon

All Welcome

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

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



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

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

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

For more information contact Carol Gardner on 350 7191.



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