

The Gatepost Supplement July 2026



**Banners 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.

You can also access Gatepost and the Supplement by searching for **Gatepost Newsletter** in your search engine, clicking on **Gatepost, Forum Newsletter** and scrolling down to Gatepost or Gatepost Supplement.

Updated items

Trains from Alan Ledger on pages 33, 34, 35, 36.

**Sutton Coldfield Neighbourhood Network Scheme
February Newsletter on pages 50 - 55**

What's On at Theatres on pages 63 - 72

New look Gatepost

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

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

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

Happy Friday!

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

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



Building Healthier Lives

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

24 April, 12pm-1.30pm

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

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

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

Presenters:

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

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



To confirm your place please email us at
members@uhb.nhs.uk or 0121 663 1765





Services We offer:

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

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

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



OUR 6 WEEK COURSE COVERS:

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

GET IN CONTACT:

Sarah O' Sullivan, Nurse & Therapist

Call Sarah on 07407 473 735 for more details.

Or email: hello@one2oneyoumatter.com



Are you ready to earn **£30k+** a year delivering outstanding care?

If you want a new challenge, or you have previous care experience – *join us today!*



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Fast track recruitment process and paid training.



Flexible hours to suit your lifestyle.



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+ Much more!

Call us on **0121 308 2906** or apply online at **nexuscareservices.co.uk**

Take your care career to the next level with Nexus!



rdac



freedom to move

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

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

See next page

driving assessments

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

Types of driving assessments:

- Car
- HGV, LGV, PSV
- Motorbike



Scan for more information

passenger assessments

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

Types of passenger assessments:

- Vehicle access
- Try b4u Fly
- Equipment loading



Scan for more information

powered wheelchair and mobility scooters

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

How we can support you:

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



Scan for more information

paediatric assessments

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

Types of paediatric assessments:

- Car seat assessment
- Bugzi assessment



Scan for more information

driving school

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

Needs we support:

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



Scan for more information

rdac

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

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

Registered Charity No. 1122214

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



2025

Christmas at Holy Trinity

FREE ADMISSION

Carols by Candlelight

Sun 21st December at 6.30pm

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

Other Advent and Christmas Services

ALL FREE ADMISSION

A Merry Messy Christmas

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

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



Toy Service Sun 14th December at 10am

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

Crib Service Wed 24th December at 3.30pm

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

Midnight Eucharist Wed 24th December at 11.30pm

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

Christmas Day Eucharist Thurs 25th December at 10am

We make Christmas with a service of Holy Communion as we celebrate the joyful arrival of Jesus on Christmas Day!

Christingle Sun 1st February 2026 at 10am

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

Become a Friend of Holy Trinity



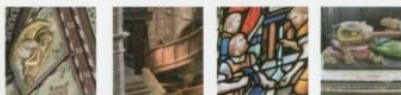
Becoming a member of the Friends of Holy Trinity offers you the chance to contribute to Royal Sutton Coldfield's historic parish church, complimentary programmes at events, priority updates and a quarterly newsletter.

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

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

A number of membership subscriptions are available

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

Please visit htsc.org.uk

CONTACT US

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

Tel: 0121 321 1144

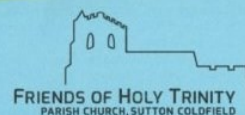
Email: friends@htsc.org.ukhtsc.org.uk

Patron:

Rt Hon Sir Andrew Mitchell MP KC MG.
Holy Trinity Parish Church is a
Registered Charity - No. 1133764.

[HolyTrinityChurchSC](https://www.facebook.com/HolyTrinityChurchSC)[@HolyTrin](https://www.instagram.com/HolyTrinity)HOLY TRINITY PARISH CHURCH
ROYAL SUTTON COLDFIELD

CONCERTS AND EVENTS 2025-2026

htsc.org.uk

Welcome

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

EARLY BIRD

SPECIAL OFFER

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

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

ADULT	UNDER 18	FAMILY
£80	£20	£180

TICKETS FOR ALL CONCERTS:

ADULT £20

UNDER 18 £5

FAMILY £45

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

To book visit htsc.org.uk or call 0121 321 1144

SEPTEMBER 2025

Sounds Historical present 'More than a Woman'

Saturday 20th September 2025 at 7.30pm

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

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

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



OCTOBER 2025

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

Saturday 18th October 2025 at 7.30pm

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

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

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

So come along because it's Boogie Woogie Time!



MARCH 2026

Sensation ABBA

Saturday 14th March 2026 at 7.30pm

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

Sensation will transport you back to the golden days of ABBA, with stunning harmonies, costumes, choreography, and a sprinkling of light-hearted humour.

This unique combination has turned them into one of the most sought-after ABBA Tribute Bands in the world. In fact - they even speak a little Swedish on stage, to add to the whole experience!

MAY 2026

Royal Sutton Coldfield Orchestra

Saturday 16th May 2026 at 7.30pm

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

JUNE 2026

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

Saturday 27th June 2026 at 7.30pm

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

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

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



BOOK TICKETS

Visit htsc.org.uk or call 0121 321 1144

Your Path to Freedom from Pain and Discomfort

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

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

THIS MONTH ONLY: Special Introductory Offer

Complete assessment for only £65

"A wonderfully professional yet friendly team."



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



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



BAC Backcare & Acupuncture Clinic

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

Clinics in
Day Street, Walsall and
King's Road, Sutton Coldfield

**Call today to book
your assessment:
0121 354 4629**

Scan the QR code
to book online:



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

BAC

Backcare & Acupuncture Clinic

*Rediscover Life
Without Limitations*



Osteopathy • Physiotherapy • Acupuncture

EMMANUEL CHURCH, WYLDE GREEN

**WARM
WELCOME**



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

10AM UNTIL MIDDAY
SATURDAYS

100% Free Food
100% convenient
100% delicious!

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

- ✓ Choose from meat and fish, vegetarian and vegan recipes – all including at least one-third Speed Free Food.
- ✓ Take your pick of traditional, family-friendly dishes or more adventurous recipes – all in generous portions and ready in around half an hour.
- ✓ Order on the Slimming World Kitchen website for delivery when it suits you.
- ✓ A free mini magazine with each box includes all 15 recipes for that week (not just the ones you ordered) – even more inspiration for when you have more time to shop.
- ✓ Skip a box, pause or cancel any time – you're in control.



order your first box today at
slimmingworldkitchen.co.uk

Slimming[®]
WORLD
touching hearts, changing lives

Need help with your daily housework chores?

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

Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696

Feel good fitness - free event at Mercia Grange



[BOOK NOW](#)

Continued on next page...

Last Thursday of every month, 2pm - 3pm

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

Event: Feel good fitness

Date: Last Thursday of every month

Time: 2pm- 3pm

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

[REGISTER YOUR INTEREST](#)

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

Best wishes,

Rachel Mackay
Customer Relations Manager



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[Privacy](#) | [Unsubscribe](#)



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



HOMECARING ANGELS



**Providing Affordable
Compassionate Care in Your Home
Area's we cover**

**Walsall | Wolverhampton | Sutton Coldfield | Great Barr |
Birmingham**

Our Services:

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



Why Choose Us?

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

Contact Us Today!

Office: 01922 351351

Mobile: 07429081222

Email: homecaringangels@outlook.com

Website: www.homecaringangels.co.uk

Please Bring
Donations
to:

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



Urgent!
Food
Donations
Needed!
Now!

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

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!

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

Scan me to find your nearest location and sign up!



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

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



Love cooking? Enjoy hosting?

Want to meet new people?

Join our volunteer team and help us provide hearty, cooked meals and great conversation to people in your community.



Volunteer with FoodCycle!

02077 292 775 | foodcycle.org.uk/volunteer/

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

When
Monday

Time
1:00 pm

Contact
falconlodge@foodcycle.org.uk

Family Friendly
Yes

Accessibility - Disabled Toilet
Yes

Accessibility - Disabled Parking
Yes

Accessibility - Flat
Yes

SUTTON COLDFIELD



TUNELESS CHOIR

singing like no one is listening



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



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

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

Free Taster Session



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



Contact:

Lisa Martin on 07969 436059

E: suttoncoldfield@tunelesschoir.com

W: www.tunelesschoir.com

SUTTON COLDFIELD TUNELESS CHOIR



singing like no one is listening

What our members say



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

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



"Great place to meet/make friends"

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

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

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

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



SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

Mondays:

Gaming Club 4-6pm

(Monthly, dates advertised online)



Tuesdays:

Home Ed Group 12-2pm

Lego Club 4-6pm



Thursdays:

Pre-School Lil Club 9.30-11am

Disabled Adult Social Session 1-3pm



Fridays:

Story time Home Ed Group 1-3pm

Youth Club (11+) 5-6.45pm (email for waitlist)



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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



**SQUARE PEG
Activities**
WHERE CHANGE BEGINS
Registered Charity Number 1185040

www.squarepegactivities.org

info@squarepegactivities.org

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

Would you like your
free advertisement
here



What people say...

“

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

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

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

”

Get in touch

If you...

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

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

Please contact:

Read Easy Birmingham North,
Tamworth & Lichfield

Referral Networker

T: 07590 829795

E: bntlnetworker@readeasy.org.uk

Visit us online:

readeasy.org.uk

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

 **Read Easy**
Helping adults learn to read



Do you know someone who struggles to read?

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

It's friendly, flexible and fun!



What we do

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

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

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

Getting started is easy!

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

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

Who can learn?

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

Who can volunteer to help?

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

What books will we use?

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

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

* Published by Shannon Trust



Where do we meet?

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

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

How long will it take?

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

Certificates are presented at intervals to recognise progress.

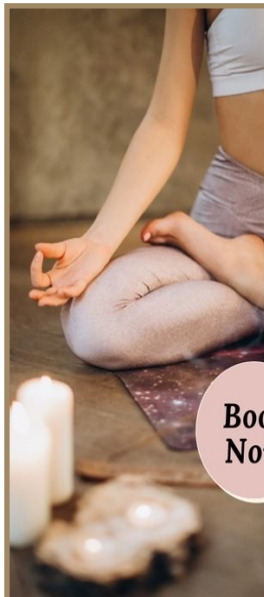
By learning to read, adults improve their employment opportunities, confidence, self-esteem and general wellbeing and are able to support their children's or grandchildren's reading.



Foot Health Care Clinic - Streetly
07379 119 365
Marie Bourgeois RFHP MCFH
Inside Francesco Hair Salon, 4 Burnett Road, B74 3EJ

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

- Qualified - Registered - Insured - DBS Checked
Registered Foot Health Practitioner - footreg.org
Find a practitioner - <https://cofh.org.uk/find-a-practitioner/>

YOGA CLASS

One hour of stretching and relaxation for your body & mind

Banners Gate Community Centre
saturday 10.15 - 11.15

Book Now

Email classeswithgem@outlook.com

PILATES CLASS

By Boutique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

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

£7 per session

Contact Madge Reynolds for further details

07305330324 boutiquefitness66@gmail.com




SUTTON PARK GRANGE
CINNAMON LUXURY CARE

DEMENTIA FRIENDLY CINEMA

LAST WEDNESDAY OF EVERY MONTH, 2.30PM

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

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

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

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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 3 6

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money
0121 250 0765
money.advice@bsettlement.org.uk
www.birminghamsettlement.org.uk

Help with options: 1 2 3 4 5 6

CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more
0344 477 1010
enquiries@bcabs.cabnet.org.uk
www.bcabs.org.uk

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

Advice on money, benefit, housing and employment issues
0121 747 5932 | info@castlevalle.org.uk
www.spitfireservices.org.uk

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

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@centralenglandlc.org.uk
www.centralenglandlc.org.uk

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

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

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

About this leaflet

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



4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

Confidential advice

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

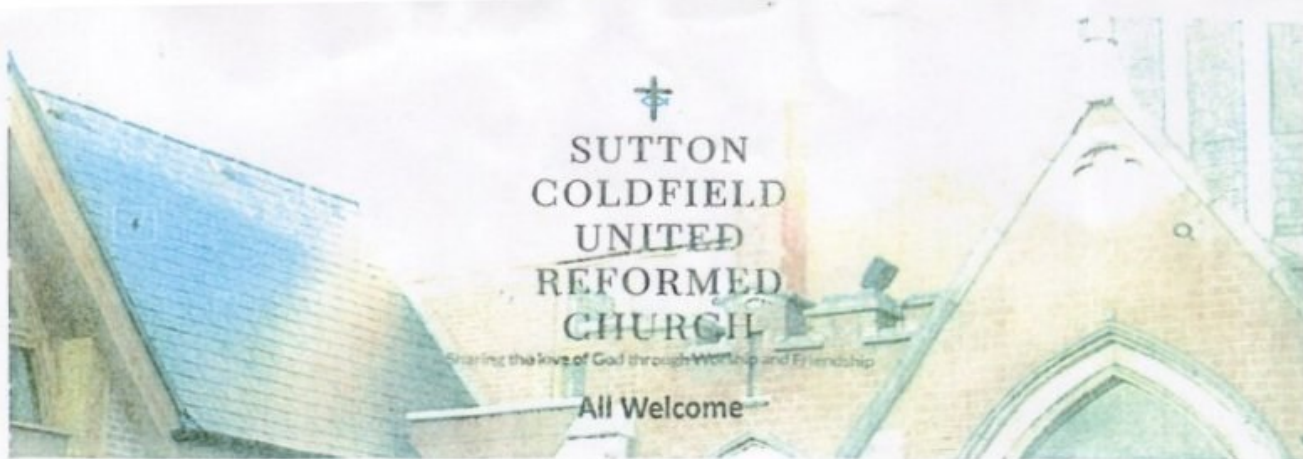
Other Support

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

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

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

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



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

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

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

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

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

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

Grace Cares is a not-for-profit organisation

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

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

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



Sutton Coldfield Family Hub at Holland House Children's Centre

Holland House Children's Centre

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

Limited parking is
Pay and Display

Emmanuel Church

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

Car park available

Falcon Lodge Methodist Church

Newdigate Road, B75 7ER

Street parking only



Sutton Coldfield Family Hub at Holland House Children's Centre

18/08/2025 — 22/08/2025

Tuesday

Music and
Movement

1:30pm-2:30pm
(0-5 years)

Holland House CC



Wednesday

Play and Learn

9:45am -11:15am
(0-8 years)

Emmanuel Church



Thank you
for spending
the summer
with us!



ANGUS STEAKHOUSE –

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

ASDA –

Kids eat for £1 daily, with no adult spend

ASK ITALIAN –

Kids under 10 eat for £1 during school holidays

BEEFEATER –

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA –

Children eat for £1 with any adult main

BILLS –

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

BREWERS FAYRE –

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG –

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

BURGER KING –

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

CHIQUITO –

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES –

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S –

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

GORDON RAMSEY RESTAURANTS –

Kids under 10 eat FREE all day, every day

HARVESTER –

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

HUNGRY HORSE –

Kids eat for £1 on Mondays

LAS IGUANAS –

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

IKEA –

Kids get a meal for 95p daily from 11 am

MARCO PIERRE WHITE –

Kids under 12 Eat FREE daily with an adult spend

MORRISONS –

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

PAUSA CAFE @ DUNELM –

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE –

2 kids eat for FREE with 1 adult breakfast

PRETO –

Kids up to age 10 eat free with 1 paying adult

PUREZZA –

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS –

Kids eat for £1 on Wednesdays

SIZZLING PUBS –

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

TABLE TABLE –

2 Kids Eat free breakfast daily with 1 paying adult

TESCO –

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

TGI FRIDAYS –

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK –

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY –

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

WHITBREAD INNS –

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI –

Kids eat free all day (weekdays) in school holidays

ZIZZI –

Kids eat free this summer holidays (ex Saturdays)





in association with
Spurgeons
Together with families

Where can you find us?



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

Holland Road, B72 1RE
Telephone: 0121 752 1860

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

Emmanuel Church

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

Preparing for Parenthood

Free antenatal session for
expectant families

**Other activities and
services available at our
centres**



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

Mere Green Library

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

Little Talkers

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

KID's Family Group

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

Holland House Day Nursery

Holland Road, B72 1RE

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

Stepping Stones

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

Footsteps

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






Sutton Coldfield Children's Centres



amy.mimicnope@birmingham.gov.uk

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

Then join us on Wednesdays, 5.45pm, at

EMMANUEL CHURCH
Little Green Lane, Wylde Green
Sutton Coldfield

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



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

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

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

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

theWI
INSPIRING WOMEN



thewi



womensinstitute



womensinstitute



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

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

Come and Find Out More

First Wednesday of Every Month

7 -9pm

Newman Community Centre

13A Boldmere Road

Sutton Coldfield

B73 5UY

For More Information Email;

cathmarsh73@icloud.com

CARER'S ASSESSMENT & WELLBEING PAYMENT

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

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

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

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

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

0333 006 9711

info@birminghamcarershut.org.uk

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



Caring For Carers

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

caringforcarers.org.uk



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

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

forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



CARING FOR A FAMILY MEMBER OR FRIEND?

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



0333 006 9711

birminghamcarershut.org.uk

Carers Hub :

"Caring for a family member or friend?"

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

What do we do?

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

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

Continued on next page...

...continued from last page

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

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

Visit us at www.birminghamcarershub.org.uk to look at the comprehensive services and support on offer for unpaid carers in Birmingham from us and our partner organisations.

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

Additionally the website has:

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

*Please contact the team on 03330 069711 or
Email: info@birminghamcarershub.org.uk*

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

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



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

0333 006 9711

dementiacarers@birminghamcarershub.org.uk

birminghamcarershub.org.uk

Herbert Protocol Form

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



Dates & Times

Your Nearest Support Group is:

The next Carer Awareness Session is:

The next Dementia Carer Drop-in is:

Speak to our Dementia Carer Advisors on 0333 006 9711 or email dementiacarers@birminghamcarershub.org.uk

To find out about your local Dementia Carers Hub support group call 0121 437 0033 or email dementiacarers@birminghamcarershub.org.uk

Visit our website birminghamcarershub.org.uk



SUPPORT FOR DEMENTIA CARERS IN BIRMINGHAM

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



AGE concern Birmingham

Birmingham ageUK

DEMENTIA CARERS COUNT

Dementia Carers Hub:

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

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

You will benefit from:

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

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

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

Befriending Service

Safe local spaces to make new friends

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

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



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

New friendship group:

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

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

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

AGEconcern
Birmingham

Birmingham
City Council

SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME

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.



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

New friendship group for over 50s:

Hargreave Community Lounge, Hargreave Close
Walmley. B76 1GR

Every Wednesday 11am to 12:30pm

Tea and coffee provided

Call Julia on 07985270599 for information

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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council



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

Alan Ledger

MEET THE PHOTOGRAPHER

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

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

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

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

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

ALAN'S BIOGRAPHY

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

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

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

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

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

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



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

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

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

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

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

Hi all,

Our second trip to Austria, the first being in mid-winter, February 1971. Things were moving fast and there was still plenty of steam to see but for how Long? But now we were here mid-summer, June for two weeks in a hire car from Linz eastern Austria.

This was our first visit to the Linz Summerau line, a very busy single line 100% steam worked. Heavy freight trains climbing all the way to Summerau for about 30-40 miles through really beautiful

rolling hill country to the Czech border where their steam engines exchanged trains.

Freistadt where we stayed for two nights is a really lovely small walled town, very old and this is where these pictures are taken of 52-6208 2-10-0 German built Kriegs Lok working the 16.25 Linz Summerau passenger on a nice sunny evening.

The weather had been great all day and we got some really nice pictures. We were to be treated to lunch and wine by a local couple who spoke English and lived next to the railway, having found the woodland track to their secluded house.
26th June 1972.

Regards

Ledg.



Hi all,

Below is the write up and picture I did for the 18th January 2010, picture writing done January 2015. Obviously, the temperature will be different this year 2025 as will be the weather. Just happened to have my camera out at the time when I spied this chap battling along the platform so just took it on the spur of the moment.

We have had another snow fall since then but can't remember the date, sometime around 2018, I think.

Hi all

I took this picture (on next page) at Kidderminster of Great Western 4-6-0 7802 "Bradley Manor" during our last very heavy snow fall in the Midlands during December 2010. The Santa Specials on the Severn Valley railway valiantly continued to run but not many of those that had booked were able to turn up. Tomorrow is the same date as five years ago and the temperature is expected to be 12.C, not much prospect of snow then.

We only got there with our grandson by going from Birmingham via Wolverhampton! as the M5 motorway was blocked with snow much deeper than here. We almost had the train to ourselves and got to meet a very underworked Father Christmas at Arley. Can you spot Stanier 2-6-0 42965 in the picture? (You can see the number on the smokebox)

Picture taken Saturday 18th December 2010.

Regards

Ledg.



www.scrs.club

SUTTON COLDFIELD

RAILWAY SOCIETY



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

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



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

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



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

If we have fired your interest why not come along and sample a club evening for yourself, or have a look on our website at **www.scrs.club** for further details.

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



Opposite CEX on the corner.



CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES
SCHOOLS
CORPORATE
TEAM BUILDING
CLUBS



PROSECCO NIGHTS
HEN/STAG
BABY SHOWERS
SOCIAL
AND MORE

MILITARYCHEF.CO.UK

VETERAN OWNED AND OPERATED



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

Love For Babies

Fun Interactive Baby & Toddler Sessions

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

Baby Sessions:
Tuesdays & Thursdays
Beacon Church
Pheasey

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

Contact us for more information or to
book your space



Contact:

07940547492
becky@loveforbabies.co.uk
Love for babies 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



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



Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+
Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

EXAMS - FESTIVALS - SHOWS

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



Let Bridgewater Photography capture your special moments

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

Bridgewater Photography service covers:

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

BRIDGEWATER
PHOTOGRAPHY

Call Donna on 079 1321 3299

Customer comments:

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

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

www.facebook.com/BridgewaterPhotographyUK

www.bridgewater-photography.com



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

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

If you live in England, find your nearest vitamin provider on the NHS Healthy Start website: www.healthystart.nhs.uk

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

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

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit: www.healthystart.nhs.uk

Or call us on 0300 330 7010

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



Follow us on Facebook and Twitter
[@NHSHealthyStart](https://www.facebook.com/NHSHealthyStart)

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NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

How to apply



Visit
www.healthystart.nhs.uk



Fill in the online application form



Receive your prepaid card in the post



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



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



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

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



If you need help call 0333 150 3456

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



Registered with
**FUNDRAISING
REGULATOR**



Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

DSSU



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD MHS



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



AGEconcern
Birmingham



Compass Support
Part of The Pioneer Group

MY NNS

HANDBOOK:

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



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD MHS

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

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

There was no NNS Newsletter in August, so here is July's Newsletter again.

July Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



THANK YOU!

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

Hello All!

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

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

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

SPREAD THE WORD

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



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

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

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

SPREAD THE WORD

Cancer Support Centre – Nutrition Workshops



Nutrition Workshops

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

Your Journey, Our Support, Your Choice.

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

Here's what's coming up:

20th August – The Truth About Sugar

17th September – Benefits of the Mediterranean Diet

15th October – Gut Health

19th November – Nutrition Through Winter

17th December – Healthy Choices

All sessions funded by Sutton Coldfield NNS.

SPREAD THE WORD

Age Connects West Midlands – Carer Rest 'N' Refresh

Carer
Rest 'N' Refresh

Centres across Birmingham open Monday to Friday

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

To find your nearest centre please contact us

Phone: 0121 362 3650

Email: hello@ageconnectswm.org.ukwww.ageconnectswm.org.ukage connects
west midlands.

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

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

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

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

Current venues within Sutton Coldfield and days of operation include:

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

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

SPREAD THE WORD

Check and Connect



Check and Connect

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

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

An Annual Health Check is a chance to:

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

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



Partnership with



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

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

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

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

Child Bereavement UK



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

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

Instant bereavement support

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

Group support & one-to-one

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

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

Child Bereavement UK is a Registered Charity (England and Wales) 1061191, (Scotland) 5234146



Trusted information & resources

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

How we help professionals

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



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

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

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



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



Call our free helpline: 0800 02 888 40



Email: ask@childbereavementuk.org



Text or WhatsApp us: 07418 341 800



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



Child Bereavement UK is a Registered Charity (England and Wales) 1061191, (Scotland) 5234146

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

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

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

SPREAD THE WORD

Minworth Community Engagement Event

Saturday 25th July 2026



SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

Birmingham City Council

MINWORTH COMMUNITY ENGAGEMENT DAY

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

SATURDAY 25TH JULY 2026
12-4PM

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

ST. GEORGE THE MARTYR CHURCH HALL, B76 9BU

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

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

Sutton Coldfield NNS is currently working in partnership with St. George the Martyr Church in Minworth and is pleased to launch the **Minworth Community Engagement Day**. The event will take place on **Saturday, 25th July 2026, 12-4pm**.

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

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

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

NNS Networkers out and about



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

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

STORY OF DIFFERENCE

Youngstars Community Hub



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

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

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

FUNDING OPPORTUNITIES

Pride-in-Place – Community Grant

Applications now open

PRIDE IN PLACE
LED BY YOU - BACKED BY THE GOVERNMENT

£200,000 COMMUNITY GRANTS

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

Community Delivery Grants
£7,500 to £25,000
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Applications NOW OPEN!

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

Benefitting those

- LIVING
- WORKING
- VISITING

Royal Sutton Coldfield

Suitable for

- LOCAL GROUPS
- CHARITIES
- COMMUNITY ORGANISATIONS

Find out more @ bit.ly/pipp-grants

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

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

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

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

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

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

0121 362 3650

nns@ageconnectswm.org.uk

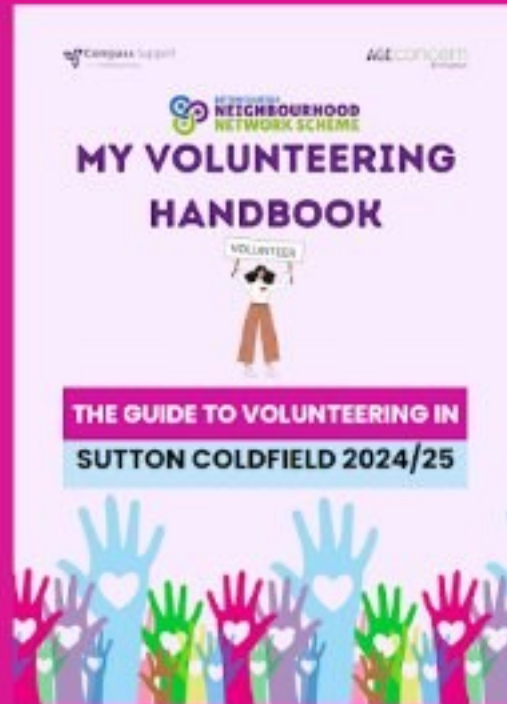
[Sutton Coldfield NNS](#)

GET INVOLVED

READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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



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

Do you offer activities for older people or adults with disabilities?

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

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

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

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

 [Sutton Coldfield NNS](#)

AGEconcern
Birmingham

 **Compass Support**
Part of The Pioneer Group

WELCOME TO OUR July Newsletter

HELLO FROM SUTTON COLDFIELD NNS!
Welcome to our monthly Newsletter



THANK YOU!

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

Hello All!

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

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

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

SPREAD THE WORD

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



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

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

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

SPREAD THE WORD

Cancer Support Centre – Nutrition Workshops



Nutrition Workshops

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

Your Journey, Our Support, Your Choice.

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

Here's what's coming up:

20th August – The Truth About Sugar

17th September – Benefits of the Mediterranean Diet

15th October – Gut Health

19th November – Nutrition Through Winter

17th December – Healthy Choices

All sessions funded by Sutton Coldfield NNS.

SPREAD THE WORD

Age Connects West Midlands – Carer Rest 'N' Refresh



Carer Rest 'N' Refresh

Centres across Birmingham open Monday to Friday

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

To find your nearest centre please contact us

Phone: 0121 362 3650

Email: hello@ageconnectswm.org.uk

www.ageconnectswm.org.uk



age connects
west midlands.

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

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

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

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

Current venues within Sutton Coldfield and days of operation include:

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

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

SPREAD THE WORD

Check and Connect



Check and Connect

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

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

An Annual Health Check is a chance to:

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

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



In partnership with:



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

Child Bereavement UK



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

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

Instant bereavement support

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

Group support & one-to-one

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

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

Child Bereavement UK is a Registered Charity (England and Wales) 8061376, (Scotland) SC241140



Trusted information & resources

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

How we help professionals

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



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

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

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



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

- ☎ Call our free helpline: 0800 02 888 40
- ✉ Email: ask@childbereavementuk.org
- 📞 Text or WhatsApp us: 07418 341 800
- 🌐 Visit: childbereavementuk.org and click the 'Chat with us' button



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

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

SPREAD THE WORD

Minworth Community Engagement Event Saturday 25th July 2026

A colorful poster for the Minworth Community Engagement Day. It features a floral border with orange, yellow, and pink flowers. The text is arranged in a clear, hierarchical manner. At the top left is the Sutton Coldfield Neighbourhood Network Scheme logo, and at the top right is the Birmingham City Council logo. The main title 'MINWORTH COMMUNITY ENGAGEMENT DAY' is in large, bold, black letters. Below it, a subtitle reads: 'An opportunity to see what is on offer in other parts of Sutton Coldfield, to inspire potential projects in Minworth'. The date and time 'SATURDAY 25TH JULY 2026 12-4PM' are prominently displayed. The activities listed are 'SAMPLE FOOD FROM AROUND THE WORLD, ARTS & STORYTELLING PLUS IRISH TREATS AND LIVE MUSIC'. The venue 'ST. GEORGE THE MARTYR CHURCH HALL, B76 9BU' is also mentioned. A call to action says 'JOIN US FOR THIS FREE EVENT DISCOVER BELLBOATING, TRY A NEW CRAFT, EXPLORE LOCAL SERVICES'. At the bottom, it lists the organizing partners: Birmingham Irish Association, St. George the Martyr Church, Young Stars, Age Connects West Midlands, Community Environmental Trust, Ceol Creatives Ltd, St John's Ambulance Service, Our Place/Bridging Communities.

MINWORTH COMMUNITY ENGAGEMENT DAY

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

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

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

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

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

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

Sutton Coldfield NNS is currently working in partnership with St. George the Martyr Church in Minworth and is pleased to launch the **Minworth Community Engagement Day**. The event will take place on **Saturday, 25th July 2026, 12-4pm**.

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

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

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

NNS Networkers out and about



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

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

STORY OF DIFFERENCE

Youngstars Community Hub



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

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Pride-in-Place - Community Grant Applications now open



PRIDE IN PLACE
LED BY YOU - BACKED BY UK GOVERNMENT

**£200,000
COMMUNITY GRANTS**

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

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

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Benefitting those

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

Royal Sutton Coldfield

For creating

- * **THRIVING PLACES** *
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- * **STRONGER COMMUNITIES** *
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- * **TAKING BACK CONTROL** *
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- * CHARITIES *
- * COMMUNITY ORGANISATIONS *

Find out more @ bit.ly/pipp-grants

QR code

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0121 362 3650

nns@ageconnectswm.org.uk

[Sutton Coldfield NNS](#)

What's on next at Highbury Theatre?



HIGHBURY PLAYERS 2026/27 SEASON

A Passionate Woman
by Kay Mellor
15 – 26 Sept 2026
Is passion back in fashion?

Murder on the Nile
by Agatha Christie
20 – 31 Oct 2026
A love to die for

a VICAR OF DIBLEY Christmas
THE SECOND COMING
A stage adaptation by Ian Gower and Paul Carpenter
Based on the original TV series
Written by Richard Curtis and Paul Mayhew-Archer
Produced by Tiger Aspect Productions
1 – 12 Dec 2026
Sprouts, puddings, and Christmas spirit!

Quartet
by Ronald Harwood
26 Jan – 6 Feb 2027
Every diva deserves an encore

GOOD A TRAGEDY
by CP Taylor
2 – 13 March 2027
'Good' men must adapt to survive

sleuth
by Anthony Shaffer
20 Apr – 1 May 2027
The ultimate game of cat and mouse

BRASSED OFF
by Mark Herman
8 – 19 June 2027
One community's defiant act of hope

Highbury Youth Theatre
presents their end-of-year production
8 – 10 July 2027

Highbury Players' plays are performed Tuesday to Saturday over two weeks, starting at 7:30pm.

Highbury Players' plays are amateur productions presented by arrangement with the relevant licence holders as identified on each play's marketing materials. We reserve the right to amend the season if circumstances change.



0121 373 2761

highburytheatre.co.uk



Birmingham
Heritage
Week



in Sutton
Coldfield

EVENTS
PROGRAMME

2026

Thursday 10th B72 1TF 7.30pm "Sutton at the crossroads." Talk by Tony Whitehead for The Civic Society Trinity Centre	Friday 11th B73 SRX St Michael's Church (CofE), Boldmere OPEN DAY 10am-12pm	New Hall Hotel tour of the grounds, led by Marian Baxter 11am-12.30 & 1.30-3pm B76 1QX £4 p/person BOOKING ESSENTIAL	"Peopling Sutton's Past" Talk by Dr Mike Hodder Holy Trinity Parish Church B72 1TF 2pm-4pm	Bold Writers A local creative writing group will be reading some of their creations. St Michael's Church (CofE), Boldmere B73 SRX 7.45 - 9pm	 Sutton Coldfield Heritage Network	Most events are free, please note some incur a small charge or other organisers may be grateful for a donation to charity on the day.
Saturday 12th SEPTEMBER - ALL FREE TO ATTEND						Scout Jamboree reminiscence walk led by Alan Smith Boldmere Gate B73 6LJ 10am - 1pm BOOKING ESSENTIAL
Emmanuel Church (CofE), Wyde Green OPEN DAY 10am-2pm B72 1DP	St Peter's Church (CofE), Maney OPEN DAY 10.30am-2pm B72 1JJ	Holy Cross and St Francis RC, Walmley OPEN DAY 10.30am-12pm B76 2RS	St. Michael's Church (CofE), Boldmere OPEN DAY 10am-2pm B73 SRX	For some events booking is essential and for others it is recommended. Some events incur a charge, any bookable events go live on 15th August at 10am on the BHW/SCHN website and can be viewed from 8th August		
Sunday 13th B76 1QU 10am-4pm New Hall Mill OPEN DAY	Monday 14th B72 1TF 7.30pm "The edge of Sutton Park" Talk by Mike Hodder (for FOSPA) Background to the walk on Tuesday 15th September Trinity Centre	Tuesday 15th B74 2YT 11am-1pm Sutton Park Archaeology A Walk led by Mike Hodder and FOSPA The Visitor Centre Sutton Park	"The Suburbs of Sutton Coldfield" Talk by Tony Whitehead The Royal Cinema B72 1TF 1.30-3.30pm £4 p/person BOOKING RECOMMENDED	Wednesday 16th B72 1QY South Parade Methodist Church OPEN DAY 10.30am-12pm	Tours of No.46 and No.52 High Street B72 1UL 1.45-2.45pm 3-4pm £4 p/person BOOKING ESSENTIAL	
Thursday 17th B72 1QR The Old Smithy Sutton's oldest building DROP-IN 11am-2pm Driffield Gallery	St James Hill Church (CofE), Mere Green OPEN DAY 10am-3pm B75 5BW	Holy Cross and St Francis RC, Walmley OPEN DAY 10.30am-12pm B76 2RS	Scout Jamboree reminiscence walk led by Alan Smith Boldmere Gate B73 6LJ 10am - 1pm BOOKING ESSENTIAL	Sweet heritage Talk by Emma Barran-Scott about sweet-making especially in the Four Oaks area Four Oaks Baptist Church B75 5JX 7.30pm £4 p/person BOOKING RECOMMENDED	Friday 18th B75 7SN St Chad's Church (CofE), Hollyfield Rd OPEN DAY 10am-1pm	<i>Everyday Histories</i>
Saturday 19th SEPTEMBER - ALL FREE TO ATTEND						Sunday 20th Film shows Highbury Theatre (main auditorium) B73 5HD 11am to 3pm (3 showings) BOOKING RECOMMENDED
Sutton Coldfield Railway Stations EXHIBITION B73 6AQ 10am-4pm	Town Hall OPEN DAY B73 6DA 10am-4pm	The Masonic Hall OPEN DAY B72 1TJ 11am-3pm	The Baptist Church OPEN DAY B72 1TA 11am-3pm	Holy Trinity (CofE) OPEN DAY B72 1TF 11am-3pm	Bishop Vesey's Grammar School OPEN DAY B74 2NH 1pm-3pm	A walk outside Moor Hall Hotel led by Stella Theobald B75 6LN 3pm-4pm £4 p/person BOOKING ESSENTIAL



Birmingham Heritage Week in Sutton Coldfield 2026

Join us for
Sutton Coldfield Heritage Films
on Sunday, 20 September 2026

A variety of short films featuring various aspects of Sutton
Coldfield's past will be shown throughout the day

11am-12pm Sutton A Helping Hand Commuter Commotion The Brush Off A Summer's Day Taken for a Ride	12:30pm-1:30pm The Construction of Highbury Theatre Installation of the Mayor Scout Jamboree	2pm-3pm Around Sutton Coldfield Playing for Time A Funny Thing Happened Treasure Hunt Compilation One Man's Metre The Old Tyrant
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Tickets are free but please book in advance if possible



Highbury Theatre, Sheffield Road, Sutton Coldfield, B73 5HD



Birmingham
Heritage
Week



in
Sutton
Coldfield



Aged between
11 and 18?

Interested in
theatre?

Come and join us for
Highbury Youth Theatre's third year!

7:30pm - 9:30pm every Tuesday
from 15 September 2026
(excluding school and public holidays)
in the Harlequin Suite

- * Work through the year on a full length production to run 8 - 10 July 2027
- * There'll also be opportunities to help on Highbury Players' productions and develop both acting and technical skills

£75 for the year

For more information, contact
Hayley at youth@highburytheatre.co.uk

Highbury Theatre, Sheffield Road, Sutton Coldfield B73 5HD

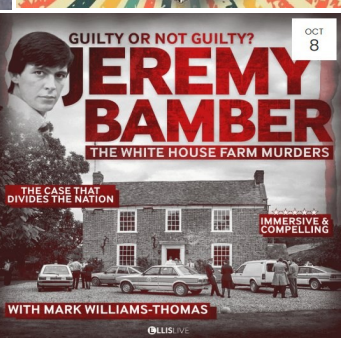
highburytheatre.co.uk

0121 373 2761



0121 296 9543

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

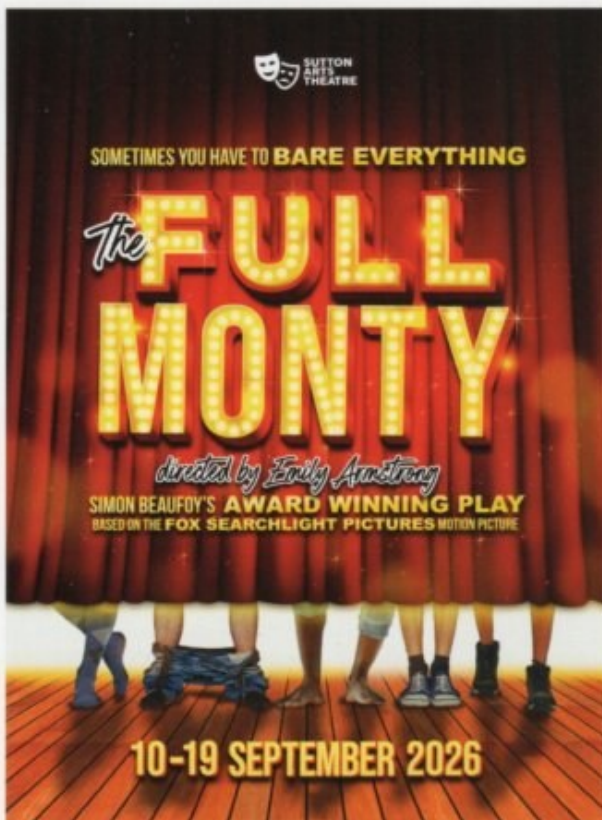


SUPPORT US

On the 3rd April 1919, Royal Sutton Coldfield Town Hall was transferred back to the people of Sutton Coldfield and gave management of the building to Royal Sutton Coldfield Community Town Hall Trust. Now a fully-fledged charity-run venue, with your support we can continue to transform and build Royal Sutton Coldfield Town Hall back to its former glory...

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

WELCOME TO SUTTON ARTS THEATRE 2026-27 SEASON



THE FULL MONTY

Sometimes you have to bare everything!

As we approach the 30th Anniversary of the iconic smash hit film, Sutton Arts Theatre is thrilled to bring *The Full Monty* to the stage. Simon Beaufoy's heartfelt and hilarious play remains as relevant today as ever, with the story once again resonating in the midst of a cost of living crisis. It follows a group of ordinary men struggling to rediscover hope, purpose and pride during difficult times. Down on their luck but determined to fight back, they find themselves baring a little more than they ever thought possible.

Packed with humour, heart and the unforgettable spirit of the beloved 1997 film, *The Full Monty* is an emotional rollercoaster of laughter, friendship and resilience.

Featuring the music and nostalgia of the 90s, this feel-good production promises a fantastic night out as our unlikely heroes attempt to put on the show of their lives.

DIRECTED BY: EMILY ARMSTRONG

SUITABLE FOR: AGE 12+ CONTAINS MILD NUDITY



2:22 A GHOST STORY

"There's something in our house. I hear it every night, at the same time."

Following seven West End seasons, a record-breaking UK and Ireland tour and productions across the globe, the stage phenomenon *2:22 A Ghost Story* comes to Sutton Coldfield. Winner of Best New Play, this edge of your seat supernatural thriller is a brilliantly funny, adrenaline filled night where secrets are revealed and ghosts may, or may not appear.

Jenny believes her new home is haunted. Every night, at exactly 2:22am, she hears unsettling sounds echoing through the house. But her husband Sam dismisses her fears as imagination and exhaustion. During a dinner party with old friend Lauren and her new partner Ben, belief and scepticism collide as tensions rise and dark secrets begin to surface. As the night unfolds, something strange and frightening draws ever closer. Determined to uncover the truth, the four decide to stay awake until 2:22... and then they'll know.

Sharp, gripping and packed with twists, *2:22 A Ghost Story* will leave audiences questioning everything, long after the lights go down.

DIRECTED BY: LOUISE HOLMES

SUITABLE FOR: AGE 12+ SOME STRONG LANGUAGE

ALEXANDRA THEATRE BIRMINGHAM



Thu 3 Sep - Sat 12 Sep 2026



Sun 13 Sep 2026



Mon 14 Sep 2026



Tue 15 Sep 2026



Wed 16 Sep 2026



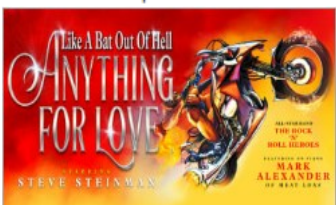
Thu 17 Sep - Fri 18 Sep 2026



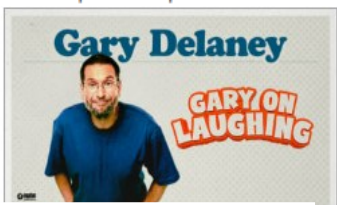
Sat 19 Sep 2026



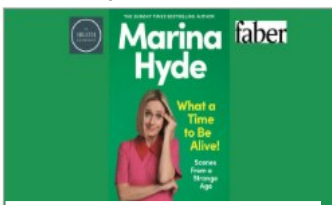
Sun 20 Sep 2026 - Sun 21 Mar



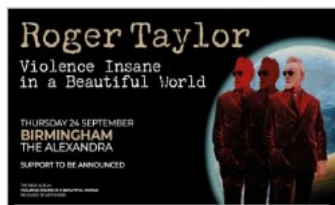
Mon 21 Sep 2026



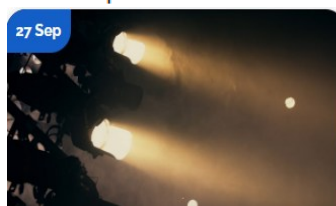
Tue 22 Sep 2026



Wed 23 Sep 2026



Thu 24 Sep 2026



**Murderous Minds with
Emma Kenny**



Lenny Henry: Still At Large

The Alexandra Birmingham,
Birmingham



**Lord of the Dance: 30th
Anniversary**



**Queenz - Battle of the
Divas!**

The Alexandra Birmingham



Coffee, Cake and Cadenzas



**Jonathan Pie: The End Of
The World According To
Jonathan Pie**



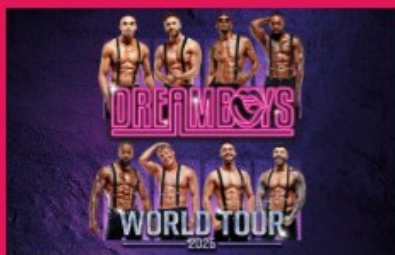
Burlesque The Musical



**Russell Howard - Don't Tell
The Algorithm**

The Alexandra Birmingham

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



DREAMBOYS

Wed 2 Sept



ARRIVAL: THE HITS OF ABBA

Thu 3 Sept



JASON MANFORD: A MANFORD ALL SEASONS

Fri 4 Sept



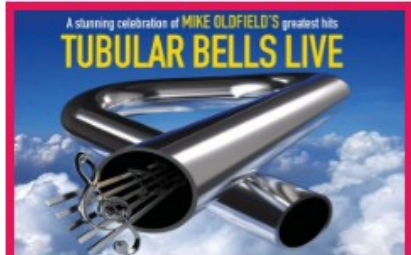
MATRICKS ILLUSION'S MYSTERY BOX

Sat 5 Sept



POP'N'OLLY'S DANCE STORYTIME

Sun 6 Sept



TUBULAR BELLS LIVE

A stunning celebration of Mike Oldfield's greatest hits

Sun 6 Sept



JOHN BARROWMAN: MY LIFE IN MUSICALS

Mon 7 Sept



5 MISTAKES THAT CHANGED HISTORY

Tue 8 Sept



THE MAGIC OF THE BEATLES

Wed 9 Sept



THE SIGNATURES: NORTHERN SOUL LIVE

Thu 10 Sept



THE MAGIC OF THE BEE GEES

Fri 11 Sept



PRIVATE PEACEFUL

Presented by The Production Garden

Fri 11 – Sun 13 Sept



THE DINOSAUR THAT POOPED

Sat 12 Sept



RHYS JAMES: CHOP LOGIC

Sat 12 Sept



THE SOUND OF MUSIC

Presented by Lichfield Operatic Society

Tue 15 – Sat 19 Sept



ED PATRICK: NUMB & NUMBER

Tue 15 – Wed 16 Sept



GENERAL MEDICAL EMERGENCY WARD 10

Fri 18 Sept



INTRODUCTION TO FICTION WRITING WORKSHOP

Sat 19 Sept



A BRIEF CASE OF CRAZY

Sat 19 Sept



YOUNG GARRICK WEEKLY | JUNIORS 26/27

For ages 7-11/school years 3-6

Sun 20 Sept



YOUNG GARRICK WEEKLY | INTERMEDIATES 26/27

For ages 11-14/school years 7-9

Sun 20 Sept



MAGICAL HONEY

Part of Creative Burntwood
Sun 20 Sept



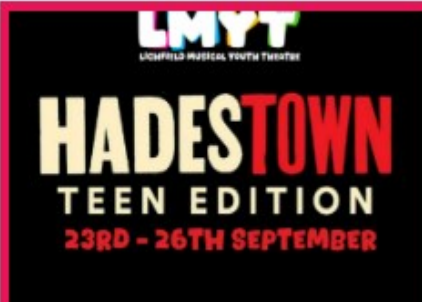
YOUNG GARRICK WEEKLY | SENIORS 26/27

For ages 14-18/school years 10-13
Sun 20 Sept



TOP HAT OPEN MIC NIGHT

Tue 16 Jun – Tue 22 Sept



HADESTOWN

Presented by Lichfield Musical Youth
Theatre
Wed 23 – Sat 26 Sept



NATIONAL THEATRE LIVE: THE MISANTHROPE

Thu 24 Sept



LICHFIELD ARTS EMERGING TALENT PRESENTS: A SPECIAL FILM SCREENING

Fri 25 Sept



MANFORD'S COMEDY CLUB

Part of Creative Burntwood
Sat 26 Sept



SOLVE-ALONG-A- MURDER-SHE-WROTE

Episode: A Fashionable Way to Die
Mon 28 – Tue 29 Sept



MADE IN DAGENHAM

Presented by Walsall Operatic
Society
Tue 29 Sept – Sat 3 Oct

Helloooo, poppets! **MRS. DOUBTFIRE** the

West End's hit comedy musical based on the beloved film is heading to Birmingham Hippodrome from Thu 13 Aug 2026. This 'genuinely funny' (*Time Out*) show features all the iconic moments you love, plus fabulous new songs and dazzling dance numbers!

Out-of-work actor Daniel (*played by the critically acclaimed Gabriel Vick**, original London company) will do anything for his kids. After losing custody in a messy divorce, he creates the alter ego of Scottish nanny Euphemia Doubtfire in a desperate attempt to stay in their lives. As his new character takes on a life of its own, Mrs. Doubtfire teaches Daniel more than he bargained for about how to be a father.

MRS. DOUBTFIRE features all the hilarious moments you love from the movie, plus fabulous new songs and dazzling dance numbers! Put it all together, and you've got



Musicals

Mrs. Doubtfire The Musical

Thu 13 Aug – Sat 19 Sep

Experience the magic of opening night: [Wed 23 Sep, 7.30pm](#)
For best availability, check out the following performances:

[Thu 24 Sep, 2pm](#)

[Fri 25 Sep, 2pm](#)

Birmingham Royal Ballet revives Sir Peter Wright and Galina Samsova's glorious journey into **Swan Lake** – with the **Royal Ballet Sinfonia** performing Tchaikovsky's superb music live alongside BRB's spectacular dancers. Prince Siegfried is out hunting one night when he happens upon a flock of graceful swans. When one of them turns into a beautiful woman, the Prince is utterly smitten – but Odette explains that she has fallen under an evil spell cast by Baron von Rothbart, which keeps her in swan form from dawn to dusk. Can Siegfried's love break the spell? Find out in this exquisite production of a true ballet classic.

Ballet & Dance

Birmingham Royal Ballet - Swan Lake

A spellbinding celebration of classical ballet and music

Wed 23 Sep – Sat 3 Oct



The Stage is proud to be hosting their inaugural "The Stage: On Tour" event at Birmingham Hippodrome. This panel discussion will give West Midlands based theatremakers the opportunity to unpick the issues that matter to them. Discussing topics including funding challenges, working conditions and issues specific to the West Midlands. The Stage hopes to uncover specific themes, giving people working in the West Midlands the chance to explore those challenges and their impact further.

Matt Hemley, Editor of The Stage will host the discussion alongside panellists from across the region:

- Corey Campbell, creative director at the Belgrade Theatre, Coventry
- Jon Gilchrist, artistic director and chief executive, Birmingham Hippodrome
- Adaya Henry, artistic director, Women and Theatre
- Liz Johnson, Midlands area director, Arts Council England

Jacqui O'Hanlon, deputy executive director and director of creative learning and engagement, Royal Shakespeare Company
The event will take place at 2.30pm on Thu 24 Sep in Birmingham Hippodrome's Patrick Studio. The event is free to attend, but tickets should be booked in advance.



Workshops & Talks

The Stage - On Tour

A panel discussion for theatremakers in the West Midlands

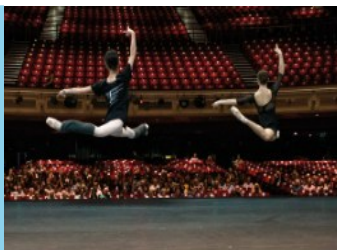
Thu 24 Sep, 2.30pm

Ballet & Dance, Exhibitions & Visual Arts

Birmingham Royal Ballet - Class on Stage

Ever wondered just how ballet dancers do what they do?

Sat 3 Oct – Sat 5 Dec



Have you ever wondered

just how ballet dancers prepare for each of their performances? Look no further than Class on Stage in 2026!

This is your chance to look behind the scenes and come and watch the dancers of Birmingham Royal Ballet warm-up and complete their final preparations ahead of one of their performances.

This is a great introduction to Ballet and an opportunity to understand about the amazing strength, skill and stamina of BRB's exceptional world-class dancers.



Musicals

Sylvia

Activist. Rebel. Icon

Tue 6 Oct – Sat 10 Oct

Sylvia Pankhurst – fearless, flawed, and unforgettable. The untold story of the rebellious middle child of Emmeline Pankhurst takes centre stage in this irresistible hip hop, funk and soul musical that moves your feet and fires your spirit.

Whilst her mother and sister battled for women's suffrage, Sylvia ignited a revolution for the forgotten: working women, the impoverished, the silenced. Caught between her family and her beliefs, Sylvia risked it all to bring change to millions.

With an electrifying score by **Josh Cohen** and **DJ Walde**, renowned choreographer and storyteller **Kate Prince** (*ZooNation – Message in a Bottle*, *Some Like it Hip Hop*, *Into the Hoods*, *The Mad Hatter's Tea Party*) delivers her Olivier-nominated vision in this theatrical treat that audiences can't get enough of.

Starring powerhouse talent **Beverley Knight**, (*Sister Act*, *The Drifters Girl*, *Memphis the Musical*) in a show stopping performance as Emmeline Pankhurst, this is your chance to see her in a career defining turn that won her the Olivier Award for Best Actress in a Supporting Role.

Naomi Katyo (*Hamilton*, *Just For One Day: The Live Aid Musical*) stars as Sylvia Pankhurst, a role that brings depth, heart, and fire to the stage.

Direct from London's Old Vic theatre where it played to sold out houses and instant standing ovations, **SYLVIA** is more than a musical – it's a manifesto set to music, a revolution you can dance to, a story that roars and shakes the rafters. Book now. You don't want to miss this.

Events & Venue Tours

Fundraising Gala at Sylvia

Thu 8 Oct 2026



FINAL REMAINING PLACES! Please contact fundraising@birminghamhippodrome.com for more information or call 0121 689 3040.

Enjoy a spectacular evening of outstanding hospitality and world-class entertainment on **Thu 8 Oct!** Join us for the electrifying, Olivier-Award nominated **Sylvia** by renowned choreographer and storyteller Kate Prince. Starring Olivier-Award winning powerhouse **Beverley Knight**, this irresistible blend of hip hop, funk and soul tells the untold story of the rebellious middle child of Emmeline Pankhurst. This is more than a musical – it's a manifesto to shake the rafters! Our Gala evenings are the perfect opportunity to entertain your valued clients, treat a team, network with other city professionals or simply to enjoy with friends.

By attending this event, you'll be directly supporting Birmingham Hippodrome's talent development programmes, that provide young people with high quality theatre experiences and opportunities.

Enjoy a lively mixed table from £200 per person, or bring friends and family to make up a table of 10 or 12 for a night of thrilling entertainment.

Your evening includes: a premium show ticket, a sparkling drinks reception, a delicious three-course dinner in our uniquely styled studio space, professional photographs with your guests, live entertainment, an exclusive post-show reception along with Hippodrome trademark surprises and our ever-popular prize draw and silent auction.

For those who purchase a Premium Ticket, this will include additional extras such as a signed show programme, VIP seating and tables, all alongside an acknowledgement and thanks in our Gala materials.



Ballet & Dance

Matthew Bourne's The Car Man

A dance thriller like no other

Tue 13 Oct – Sat 17 Oct

FASTEN YOUR SEAT BELTS...

Matthew Bourne's award-winning **The Car Man** is back! Loosely based on Bizet's ever-popular opera, *The Car Man* has one of the most thrilling and instantly recognisable scores in New Adventures' repertoire.

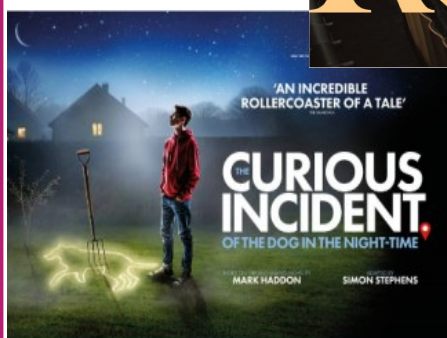
The familiar 19th Century Spanish cigarette factory becomes a greasy 1950's garage-diner in the American Mid-West where the dreams and passions of a small-town are shattered by the arrival of a handsome and enigmatic stranger. Fuelled by heat and desire, the inhabitants are driven into an unstoppable spiral of greed, lust, betrayal and revenge. Matthew Bourne's vivid storytelling combines with one of the most passionately dramatic scores ever written, with music by Terry Davies featuring Rodion Shchedrin's *Carmen Suite* (after Bizet's *Carmen*), to create a dance thriller like no other.

The *Car Man* will ignite your senses and leave you breathless.

There will be a free post-show talk for ticket holders following the **Wed 14 Oct 7.30pm** performance. The talk will be BSL interpreted.

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

the Rep



THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME

Sat 5 Sep–Sat 19 Sep 2026



THE SNOWMAN™

Tue 20 Oct–Sun 1 Nov 2026



PETER PAN

Wed 18 Nov 2026 – Sun 17 Jan 2027

An incredible rollercoaster of a tale"

The Guardian, on the novel
This Century's Most Popular
Murder Mystery

The internationally celebrated
novel that has captivated over 10
million readers returns in a brand-
new stage adaptation, more
thrilling than ever.

Chris Boone is gifted with a
brilliant mind for numbers but
unsettled by the unpredictability
of people and everyday life.
When a neighbour's dog is
discovered killed, Chris comes
under suspicion. Determined to
prove their innocence, Chris
becomes both detective and
suspect, drawn into a mystery
that grows darker and more
complex with every clue
uncovers.

What begins as the search for a
culprit soon reveals secrets
closer to home, forcing Chris to
confront truths that will test their
courage, family, and
understanding of trust,
independence, and the wider
world.

Inventive, gripping, and
moving, ***The Curious Incident of
the Dog in the Night-
Time*** combines the intrigue of a
whodunnit with a powerful
coming-of-age story in an
unforgettable theatrical event.

The Christmas spectacle that will melt your heart...

A fresh flurry of snow has fallen over this brand-
new staging as ***The Snowman***™ flies home to
Brum with a mesmerising new makeover.

Based on **Raymond Briggs'** cherished book, The
Rep's sparkling new production features **Howard
Blake's** iconic score including the Christmas
classic *Walking In The Air*, beautifully crafted
puppets and of course... a gravity-defying
friendship!

When Christmas Eve magic breathes life into a
young boy's snowman, an unforgettable adventure
begins. The boy invites his new friend into his cosy
home, before they glide together hand-in-hand
across the starlit sky. Along the way they meet
Father Christmas, a herd of friendly reindeer, and
enjoy a merry party with the snowman's friends
beneath the shimmering Northern Lights.

This enchanting new production is directed and
choreographed by Olivier award-winning **Will
Tuckett** (*West Side Story* (RSC/The Sage
Gateshead), *Into the Woods* (Royal Opera House),
and *The Nutcracker* (National Ballet of Japan))
with production design by the multi award-
winning **Anna Fleischle** (*Punch*, *2:22 A Ghost
Story*, *Everybody's Talking About
Jamie and Hangmen*).

Other members of the creative team include video
design by **Nina Dunn** for PixelLux (*Enoch*
Arden (New National Theatre,
Tokyo), *Othello* (West End), *9 to 5 The
Musical* (West End, UK Tour, Australia, Korea),
lighting design by **Matt Daw** (*Teeth 'n'
Smiles* (West End), *Dear Evan Hansen* (UK
Tour), *A Midsummer Night's Dream*,
Cymbeline, *Richard III*, *Troilus and
Cressida* (RSC), *The Elephantman* (National
Theatre)), illusions by Tony award-winner **Chris
Fisher** (*Stranger Things: The First
Shadow* (Broadway and West End), *Back to the
Future* (Broadway, Tokyo, West End), *The Hunger
Games on Stage* (Troubadour Canary Wharf)
and *Harry Potter and the Cursed Child* (West End
and Worldwide)) and puppet design by **Daisy
Beattie** (*The BFG* (RSC), *Spirited
Away* (Tokyo), *The Enormous Crocodile* (Roald
Dahl Story Company)).

Step into your cosiest striped pyjamas and
rediscover the joy of childhood in this nostalgic and
magical family adventure which continues to
captivate young and old.

Perfect family entertainment... *Clap if you believe!*

It only takes a dash of fairy dust
and the happiest of thoughts to
experience an unforgettable trip to
Neverland for the festive season.
Bursting with imagination, this
faithful re-telling of **J M Barrie's**
much loved children's story is given
a sprinkling of Rep magic.

In the Darling household, the usual
bedtime routine is abandoned
when Peter Pan flies away with
Wendy and her brothers, out over
moonlit Victorian streets and all the
way to Neverland.

There they find the ultimate
paradise for rebels and dreamers...
no school...no rules...and certainly
no bedtime! The Lost Boys and the
Darling children spend their days
swimming with mermaids, making
mischief with Tinker Bell, and
dining on delicious imaginary feasts
– the very best of make-believe.

Wendy tries to keep the gang safe
from harm, but with Captain Hook
and the ticking Crocodile inching
ever closer, the children begin to
realise the thrill of adventure may
come at a price. Can our heroine
Wendy avoid walking the plank and
summon the courage to grow up on
her own terms?

This magical production is adapted
by **Phil Porter** with original music
from **Ruth Chan**, and with The
Rep's Artistic Director, **Joe
Murphy** at the helm of the (pirate)
ship!

STUDIO27

TIMETABLE

ALL CLASSES ARE 45 MINS
UNLESS SPECIFIED

MONDAY

Circuit 9:30am

BoxFit 10:30am

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

Zumba 7:45pm

TUESDAY

Pilates 9:15am

Adult Dance 11am

Yoga 12:15am

Kids Yoga 4:30pm

Yoga 5:15pm

BoxFit 6:15pm

BoxFit 7:15pm

WEDNESDAY

Circuit 9:15am

Meditation & Mindfulness
10-10:45am

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

Under 12 Dance 5pm

Adult Dance 6:15pm

Zumba 7:15pm

THURSDAY

Circuit 9:15am

FRIDAY

Zumba 9:30am

SATURDAY

Circuit 7:15am

BoxFit 8:00am

Under 5 Dance 9am

Under 8 Dance 9:45am

Over 12 Dance 10:30am

Street Dance 11:15am

www.studio27wellbeinghub.co.uk

Additional wellbeing offerings here at Studio27 Wellbeing hub



Personal Training



1-2-1 Wellbeing Support



Nutritional Guidance



- Membership & Pricing -

Basic

£25 month

4 classes per 4 weeks

Standard

£45 month

8 classes per 4 weeks

Premium

£60 month

12 classes per 4 weeks

Unlimited

£99 month

Unlimited classes

Youth

£37 month

Under 12

£35 month

Under 8

£30 month

Under 5

£20 month

Pay as you go

Current prices Price from 1st July 2024

Adult £7 Adult £8.50

Child £6 Child £7.50

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

To book and pay for a membership or class, please visit our website

www.studio27wellbeinghub.co.uk

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

www.ageuk.org.uk/services/information-advice/guides-and-factsheets/

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

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

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033



Carers Support Group

**SUTTON COLDFIELD UNITED
REFORMED CHURCH**

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

**2 Course
Hot Meal
£2**

**Free
Massages**

**All
Welcome**

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

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

Occupational Therapy Clinics

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

No need to book.

For more information about
clinic venues visit:

[https://birmingham.connecttosupport.org/
occupational-therapy/occupational-therapy-
clinics-in-the-community/](https://birmingham.connecttosupport.org/occupational-therapy/occupational-therapy-clinics-in-the-community/)



**Birmingham
City Council**

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

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

Jordanne Francis
Health and Wellbeing
Officer

T: 0121 320 1930
T: 0121 827 6295
M: 07458 130587
E: Jordanne.francis@wittonlodge.org.uk
W: www.wittonlodge.org.uk

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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

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



ARTHRITIS HELPLINE

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

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

CALL US FOR FREE
0800 5200 520

VERSUS
ARTHRITIS



CALL US FOR FREE
0800 5200 520

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



✉ helpline@versusarthritis.org

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

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

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

PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

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



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



VERSUS
ARTHRITIS

VERSUS ARTHRITIS RESOURCES

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

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

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

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

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

Visit our website for more information:
www.versusarthritis.org/exercise



VERSUS
ARTHRITIS



Join us for
our next
event

**Mercia Grange care home,
Sutton Coldfield**

**Coffee, cake &
friendship cafe**

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

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

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

Trusted to care. 

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

care UK 



Join us for
our next
event

Mercia Grange care home,
Four Oaks

Feel good fitness

Last Thursday of every month,
2pm - 3pm

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

Trusted to care.



To attend please call
0121 314 5513 or email
rachel.mackay@careuk.com

care UK



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@cinnamoncc.com to reserve your space.



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

For more information or to book your personalised tour please call our Team on **01217 562 174** or email sutton.enquiries@cinnamoncc.com to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

Classes on:

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

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



**North Birmingham
Cats Protection Presents...**



Autumn Fayre

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

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

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



For more information call: 0345 260 1503
email: info@northbirmingham.cats.org.uk
or visit: www.northbirmingham.cats.org.uk

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

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

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

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

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

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

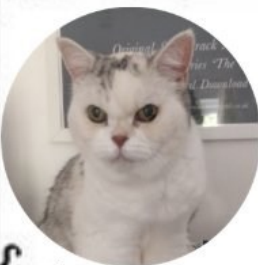
Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net





Lucy

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



Terence



Polly



Jo Jo

Team Cat Rescue has lots of cats and kittens looking for their forever homes. Owners often have to give them up for a variety of reasons - usually a change of circumstances meaning they can no longer care for their beloved pet. And some come into care because they are found wandering and abandoned. If you are not ready to adopt, how about fostering? Or helping Team Cat Rescue with driving or fund-raising? If so, contact Coordinator Lynne of Team Cat Rescue on 0121 373 4596.
**** Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years ****



Birmingham and Solihull
Integrated Care System
Caring about healthier lives

Annual health checks for those who are diagnosed with dementia

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

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?

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

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

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

How long does an Annual Health Appointment last?

- 20-30 mins



What help might you need?

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




What happens during the Annual Health Check?

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



Alzheimer's Society



CARERS TRUST
Solihull



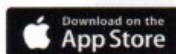
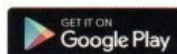
birmingham carers hub



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Can you help us save more food?

OLIO
The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

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



Add to OLIO

Your neighbours will
love your spare food or
household items.



Volunteer

Feel great
& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

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It's okay...

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



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



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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -



LivingWell
UK





COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

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

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

(Ian – Sutton Coldfield)



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

(Derek – Sutton Coldfield)

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

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



Banners Gaters clearing fallen leaves near Longmoor Pool.



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

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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Join FOPPs Regular Litter Pick

**every second sunday in the
month.**

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

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

Weather Permitting





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



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



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

Love For Babies

Fun Interactive Baby & Toddler Sessions

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

Baby Sessions:
Tuesdays & Thursdays
Beacon Church
Pheasey

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

Contact us for more information or to
book your space

Contact:

07940547492
becky@loveforbabies.co.uk
Love for babies 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



Amalia's Elite Dance Academy

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

Contact us for
more

Teaching life skills through drama and imaginative play

Fun classes that develop life skills in babies & young children

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

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

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

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

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

Book now! pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



Prince's Trust

**START
SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049

info@wcg.ac.uk

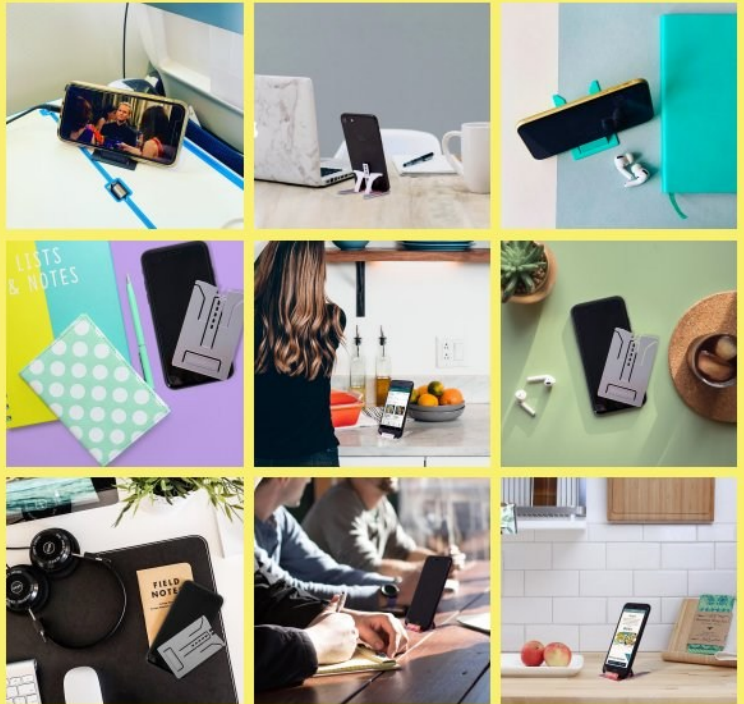
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and where to use it

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THE PERFECT STOCKING FILLER!

Get 10% off the Standeazy Ultra or the Original
when you order online with code **Stocking23**



Banners Gate Neighbourhood Forum Meetings



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

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

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

If you need any information please message on 07964 213 229