SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

NOVEMBER 2026

WELCOME TO OUR

November Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



Hello All!

This month the team have been talking all things brain health as this is one of our key priorities going forward. Neighbourhood Networkers Suzy and Manjit took the opportunity to attend the Memory Matters launch event at the Alexander Stadium in October where they were able to gain tips on how to support good brain health. We will have our own Sutton Coldfield NNS event on Monday 7th December - Talking about Brain Health - designed for Sutton Coldfield based community groups. Further details can be found below.

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

THANK YOU!

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

SPREAD THE WORD

Mind & Memory Gardening Group - Age Connects West Midlands



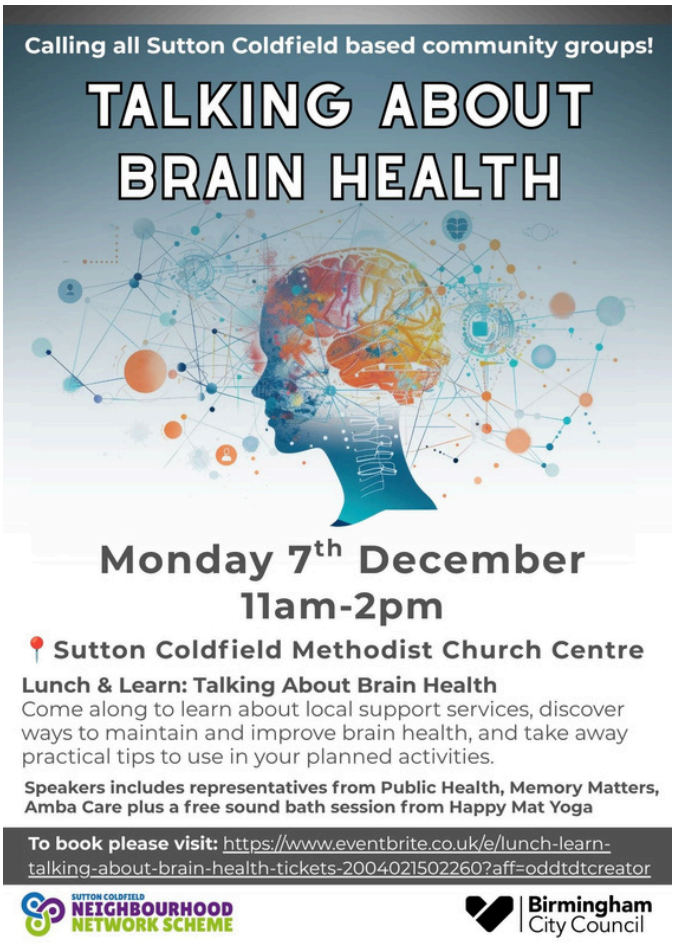
Age Connects West Midlands have started a new **Mind & Memory Group on Thursdays, 2.30-4.30pm at Sutton Park Grange Care Home, Birmingham Rd, B72 1LY.**

Enjoy gardening acitvities in a friendly and welcoming environment while connecting to others, staying active and stimulating your mind.

To book and find out more, please call Julia on 07985 270599

CAPACITY BUILDING

Talking About Brain Health - Lunch & Learn Event



Sutton Coldfield NNS would like to invite all community groups to our free upcoming Lunch & Learn, Talking About Brain Health event.

📅Monday 7th December
🕙11am-2pm
📍Sutton Coldfield Methodist Church Centre

The session provides an opportunity to learn more about brain health and the local support services available. Discover ways to maintain brain health and take away practical tips to use in your planned activities, with talks delievered by Public Health, Memory Matters and Amba Care.

A free healthy lunch will be provided, plus a sound bath session facilitated by Happy Mat Yoga.

To book your space please follow the Eventbrite link here. For any further questions please call 0121 362 3663 or email nns@ageconnectswm.org.uk

SPREAD THE WORD

Holistic Healing - Minworth Club & Lodge



Looking to improve your wellbeing and try something new? **Join Drumatised friendly Holistic Healing sessions, combining yoga, Tai Chi, meditation, Raag singing, and nutritional guidance** to support both body and mind. No experience is needed, and everyone is welcome.

Sessions take place on **Mondays, 10.00am to 11.30am**, on 2, 9, 16, 23 and 30 November, and 7 December, at Minworth Club & Lodge, 39 Robinsons Way, Minworth, Sutton Coldfield, B76 9BB.

Cost is just **£5 per session, including refreshments**. Simply come along and join in.

For more information, contact Pritam on 07773 724697 or email pritam@drumatised.com.

If you're a not-for-profit community group or organisation working with older adults or disabled adults, we have free training opportunities, available to you.

FREE - Dementia Awareness



This lived-experience-informed course will help participants increase their understanding of dementia and develop greater awareness and confidence when supporting people living with dementia and those around them.

📅 Thursday 26th Nov 2026 🕙 10am - 12.30pm
📍 Sutton Coldfield based venue t.b.c.

To book please email nns@ageconnectswm.org.uk and we will provide you with a code to book online.

FREE - Data Protection Training - On Demand



Sutton Coldfield NNS have commissioned Datum Longevitus to produce a training package for local community groups on Data Protection (GDPR). **The training pack is in an accessible electronic format with speech, text and pictures which is ideal for individuals or small groups to watch on a laptop**. The training has 13 modules on MP4 which each take about 5 minutes, making it easy to do all in one go, or in bite sized parts. It is pitched at volunteer board members, managers and paid staff of small community groups. The training pack is free to assets in Sutton Coldfield who identify as not-for-profit community/voluntary sector groups.

If you are interested in completing our Data Protection training for free, please send an email at nns@ageconnectswm.org.uk. Tell us the name of your not-for-profit community organisation and location. Please also give us an idea how many people will benefit from the training, also their roles in the organisation.

If you would like to see free training to support your group or organisation to be the best it can be, why not get in touch and share your thoughts?

From promotion, to capturing impact, first aid and beyond, we are keen to get feedback on your group's training needs.

NETWORKERS OUT AND ABOUT

Strategic Partner Meeting at Sportco FC, Minworth



The Sutton Coldfield NNS team met with strategic partners in Minworth at the wonderful **Sportsco FC** facility to explore ideas for developing more community activity in the area, building on the success of the Minworth Community Engagement Day we initiated over the summer. The venue offers a fantastic, accessible space for local groups and organisations, with both indoor room hire and extensive outdoor facilities available. Dave and Jane from Sportsco gave us a very warm welcome and shared their enthusiasm for supporting new community initiatives and helping local people come together.

We're excited about the opportunities ahead and look forward to continuing conversations about how this brilliant community asset can be used to benefit Minworth residents.
If you'd like to find out more about Sportsco FC and enquire about their facilities, visit: **https://www.sportscofc.co.uk/** or contact hello@sportscofc.co.uk.

PM Sewing Group, Sutton Coldfield Methodist Church Centre

Neighbourhood Networker, Suzy and Social Media and Marketing Officer, Cathy recently paid **PM Sewing Club** a visit as they have recently been awarded a microgrant to support their room hire costs. This wonderful group have so many different craft skills between them such as sewing, knitting, tatting, applique and cross stitch. They describe themselves as craft self help group where people can pop in with their own projects, have a chat and a cuppa and share craft skills.



No need to book , just pop in, where you will receive a warm welcome.
📅**Thursdays,** 🕑**12-2pm**
📍**Sutton Coldfield Methodist Church Centre, B72 1RB**

Project Evergreen, Barista Training



Neighbourhood Networker Manjit went to catch up with **Project Evergreen who were recently granted Sutton Coldfield NNS funding to commission barista training**. Eight volunteers from the Hong Kong community benefitted from the training which gave the participants the opportunity to learn news skills around customer service and communication skills. Two volunteers will be putting their newly aquired skills into action serving barista coffees at the Olive Branch Coffee Shop at Four Oaks Baptist Church. Why not pop in and sample one for yourself!
📍The Olive Branch Coffee Shop, Four Oaks Baptist Church, Grange Lane, Sutton Coldfield, B75 5JX
📅Monday-Friday, 10am-3pm

STORY OF DIFFERENCE

Eco Grow CIC – Womens Gardening Group







EcoGrow CIC were awarded Sutton Coldfield NNS Grant Funding to deliver a two year project in Sutton Coldfield. Every week their Ladies Group meet at Sunnybank Field Allotments to enjoy a wellbeing activity centred around growing, gardening, food, craft and creativity. Let us explore the benefits, taking inspiration from one participant's journey, a retired, widowed lady, in her 70s who joined the group after seeing it advertised on Facebook. For the purposes of the story, we will call her 'M'.

On joining the group, 'M' scored very low on the nutritional data questionnaire having low confidence in following recipes and not being very adventurous at trying new foods. Reluctantly she tried a few bits of food that she had helped to grow on the allotment; carrots, apples, berries and radish. Over time, 'M' has become a very active and regular member of the group and has been inspired to dedicate a corner of her garden at home to raised beds so she can grow food with her grandson. Whist attending the group she has gained the confidence and knowledge to be able to do this and see the benefits that growing your own food has on personal nutrition and wellbeing. Whilst being involved in the group 'M' has become very close friends to another participant - they meet regularly outside of the group to craft and garden together. Being part of our group has made 'M' feel part of a community. Her confidence in tasting new foods, growing food and cooking has massively improved thanks to attending the project funded by Sutton Coldfield NNS.

To find out more about Eco Grow CIC, you can visit their website
https://ecogrowcic.wixsite.com/ecogrow/copy-of-court-lane
Or their Facebook page
https://www.facebook.com/profile.php?id=100091874931390

SPREAD THE WORD

Friends For Life Veterans Group



The Friends For Life Veterans Group held a Remembrance tribute at the Communitea Cafe this month to mark Remembrance Day. A poem was read, with the Last Post and two minutes silence observed. Lest We Forget.

Did you or someone you know serve in the armed forces? The Veterans Group are a great way to make friends with ex service personel.

To get involved pop along to the
📍Communitea Cafe, Boldmere
📅Tuesdays, 12-3pm

Focus Birmingham's Sutton Social Hub

Focus Birmingham's Sutton Social Hub is a friendly group for adults with sight loss to meet other visually impaired people, socialise and try different activities.

The group meet every **Tuesday from 10:30am - 12:30pm at Sutton Coldfield United Reformed Church B73 6AA** and it costs just **£2 per session.**

There is always something different to try at their social hub. Over the past year, members have got creative with mug painting, taken part in practical kitchen skills sessions and enjoyed getting together for special occasions, including pub lunches and their Christmas party.

If you or someone you know is living with sight loss in the Sutton area and would like to find out more about the group, they'd love to hear from you.
Please email Phillipsh@Focusbirmingham.org.uk for further information

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

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

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

https://suttoncoldfieldnns.blogspot.com/

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Sutton Coldfield NNS

age connects west midlands.

Birmingham City Council

The Pioneer Group