



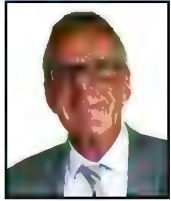
Banners Gate & Parklands Community & Neighbourhood Forum

180th April 2024

bannersgateneighbourhoodforum.com

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

The next meeting of the Banners Gate Neighbourhood Forum meeting will be on Thursday May 30th., at 7.30 p.m. in the Banners Gate Community Hall. Tea/coffee and biscuits will be available.



Rob Pocock:
PHARMACIES RUNNING LOW ON MEDICINES?

Gatepost readers will be aware I've temporarily taken on a senior role at the City Council overseeing Health and Social Care services, while the main Councillor is off on maternity leave. One of the problems I've picked up recently, is that high street chemists are finding it increasingly hard to get hold of their stocks of prescribed medicines. That means if you go there with a doctor's prescription, they don't always have the stuff in stock. And sometimes it can take a long time for them to order your prescription and get it back to you.

This is a national problem and several local chemists are feeling the heat. I have raised our local concerns with the Secretary of State nationally and pressed for an urgent review, to try and get this sorted.

While in the role, I was invited to an interesting meeting recently with Professor Chris Whitty, the Chief Medical Officer for England. Readers will remember him from the 'Covid' press conferences where he became one of the more trusted sources of reliable information about the virus. Professor Whitty made a visit to Birmingham to look at local health and social care services. I found Professor Whitty a very dedicated and trustworthy guardian of our NHS and we certainly need people like him to help guide the NHS through its current challenges.

BOLDMERE LIBRARY EXPANSION PROGRESS

As a reminder, we are developing a new plan to safeguard the future for our local Boldmere Library.

Also hopefully to make better use of the building when it's not open as a Library (it's currently closed on Mondays, Wednesdays and Fridays). We want to develop the Library into a wider community hub, with other community groups or public services using it when it's not open as a Library. This means it will be less dependent on Council funds which are increasingly stretched. If you missed out so far and are interested in helping with this, **you can become a 'Library Friend'!** Just drop us an email or come along to the meeting.

TIP TRUCK RETURNS TO BANNERS GATE AGAIN

I'm pleased to confirm the ever-popular City Council 'Tip Truck' is returning again to its favourite local spot on Reay Nadin Drive! It will be there on the morning of **Friday 3rd May, 7.30am to 1pm**. Please note the slightly later operating hours to give people a chance to visit during local 'lunch break'. This is part of the restored service that we once worried might be lost, but it's now been confirmed that we'll get a visit somewhere in the Sutton Vesey Ward in the first week of every month. Don't forget, I send out an e-bulletin to residents to inform people in advance of the next date and venue - just drop me an email rob.pocock@birmingham.gov.uk and I'll add you to the list and you'll get a notification of each visit.



Max Hatton: Hello Gate Post Readers! I hope you all enjoyed the Easter Holidays, whether you spent it in Birmingham or took a trip away, the Easter Holidays is always great time to recharge and relax. I spent the two weeks working, but with most of my colleagues and

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com **Next deadline: May 30th**

clients on annual leave, it was a quiet two weeks in the office, and a great chance to catch up on some work projects!

I recently attended a volunteer's fair organised by the brilliant Sutton Coldfield Neighbourhood Network Scheme at the Sutton Coldfield United Reformed Church. There were many local organisations in attendance, and we had many visitors throughout the day. I came along with a few of the Boldmere Futures CIC officials to run a stall and attract potential volunteers to help with the wonderful Summer and Winter festivals in Boldmere. We are so lucky in Sutton Coldfield to have so many great community groups supporting our residents, and the volunteers Fair was a great opportunity for like-minded people to connect.

The Boldmere Summer Festival is rapidly approaching, it's returning on Sunday 23rd June and as always it will be a fun packed day and celebration of community! If you're interested in volunteering, or would like to know more on the festival, please visit <https://www.boldmere.org/community-festivals/volunteers-welcome/> It's a great day for the whole family, hope to see you there!

The Sutton Coldfield Town Council Annual Town Meeting is due to be held on Wednesday 15th April 6pm at the Trinity Centre. This is your chance to have your say and shape the future of Sutton Coldfield, we hope to see you there! Until next time Gate Post Readers, have a great month!



The St. George Quiz was held on Saturday 21st April in the Banners Gate Community Hall. Six teams took part and the winning team was the Eager Beavers on 74 points, followed by Clueless on 67.5 and Quizzy McQuiz Face with 66. There were 30 raffle prizes (17 donated) and we raised £118 towards the Community Minibus Restoration Fund, (£7,882 still to go) to help bring the community bus back to full health following the theft of its major parts last year.

Halfway through the quiz we enjoyed a fish supper with all condiments supplied and with help-yourself bottomless tea and coffee. Next year's St. George Quiz will be held on Saturday, 26th April 2025, so save the date!



Stalls Available for Boldmere Summer Festival - Sunday 23rd June

We're looking for **LOCAL** stall holders for the Boldmere Summer Festival on Sunday 23rd June from 1pm to 6pm.

As always, we want to offer you priority for booking a stall at the festival. Do you need a gazebo to use land in front of your property? Is your business/organisation on Gate Lane or Union Drive or located away from the main high street? How about letting the whole of Boldmere know what you do and how they can become your customers or service users? The festival isn't just about selling, but also letting the community know what is available locally.

We have a footfall of around 10,000 at the festival and we have helped to launch many startups. We have special incentives for BOLDMERE businesses and organisations to run a stall at the Boldmere Festivals such as no additional charge for hiring a gazebo and if you apply before the end of April then you get to choose your pitch.

Take a punt and give it a go by filling in the application form at www.boldmere.org/stalls

Boldmere businesses who apply for a stall before 30th April will get priority allocation.

We will help you out if you're new to this type of thing.

Kind regards

Paul Long
Event Manager
Boldmere Community Festivals

BIRMINGHAM MALE VOICE CHOIR & B:MUSIC WORKPLACE VOICES

SUMMER CONCERT



Saturday 11 May 2024

7pm

St Columba's Church,

Banners Gate Rd, Sutton Coldfield, B73 6TX

All tickets: £10 (plus booking fee)

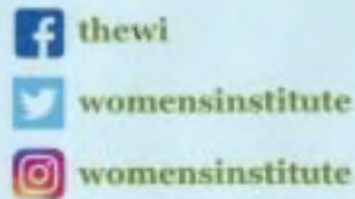
ticketsource.co.uk/bhammvcbmusicwvsummerconcert

Doors open 6.30pm

Proceeds from this concert will jointly support
Birmingham Male Voice Choir
(Registered Charity No 501538) and
B:Music (Registered Charity No 1053937)



theWI
INSPIRING WOMEN



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

**We are looking to start a new
WI Group in Boldmere
Come and Find Out More
Wednesday 1st May 2024
7 -9pm**

**Newman Community Centre
13A Boldmere Road
Sutton Coldfield
B73 5UY**



Yoga Body

Just for Mum Yoga

Re-energise
Reconnect
Relax

Post-natal yoga
9:30am Saturday
St Columba's Church, B73 6TX

www.yogabodybirmingham.co.uk




Yoga Body

Mum & Little One Yoga

- Rebuild your strength and fitness
- Connect with other local mums
- Bring little one along too!

Tuesday mornings

St Columba's Church,
B73 6TX

www.yogabodybirmingham.co.uk



Yoga Body

Pregnancy Yoga

7-8PM WEDNESDAY
BANNERS GATE COMMUNITY HALL,
B73 6UR

- Ease aches and pains
- Learn breathing techniques
- Learn relaxation techniques
- Improve sleep
- Shorten your labour
- Meet other mums-to-be

pay as you go or block book

All equipment provided

www.yogabodybirmingham.co.uk



Yoga Body

MOTHER'S CIRCLE

First Saturday of the month
9:30-11:30am
at
St Columba's Church
B73 6TX

YOGABODYBIRMINGHAM.CO.UK

Annual health checks for those who are diagnosed with dementia

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


Birmingham and Solihull Integrated Care System
Caring about health, free

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 a 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](#)





*Sunday Mornings
at St Columba's*

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

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome; everything is explained as we go along and is on a big screen at the front.

Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

You are welcome.

St Columba's Church Hall

Hall letting for St Columba's Church.


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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com




Slimming World
taste the freedom

FREE membership

not just diet, but weight!

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

slimmingworld.co.uk




Coffee Morning

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

Not on Friday 29th December

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

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

Classes at St Columba's Church

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



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

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

IF YOU WOULD LIKE TO SUPPORT OUR WORK PLEASE MAKE A DONATION USING [THIS LINK](#):

sharedreading@foliosuttoncoldfield.org.uk

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

Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything

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



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

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

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

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

New Oscott Village Gym

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

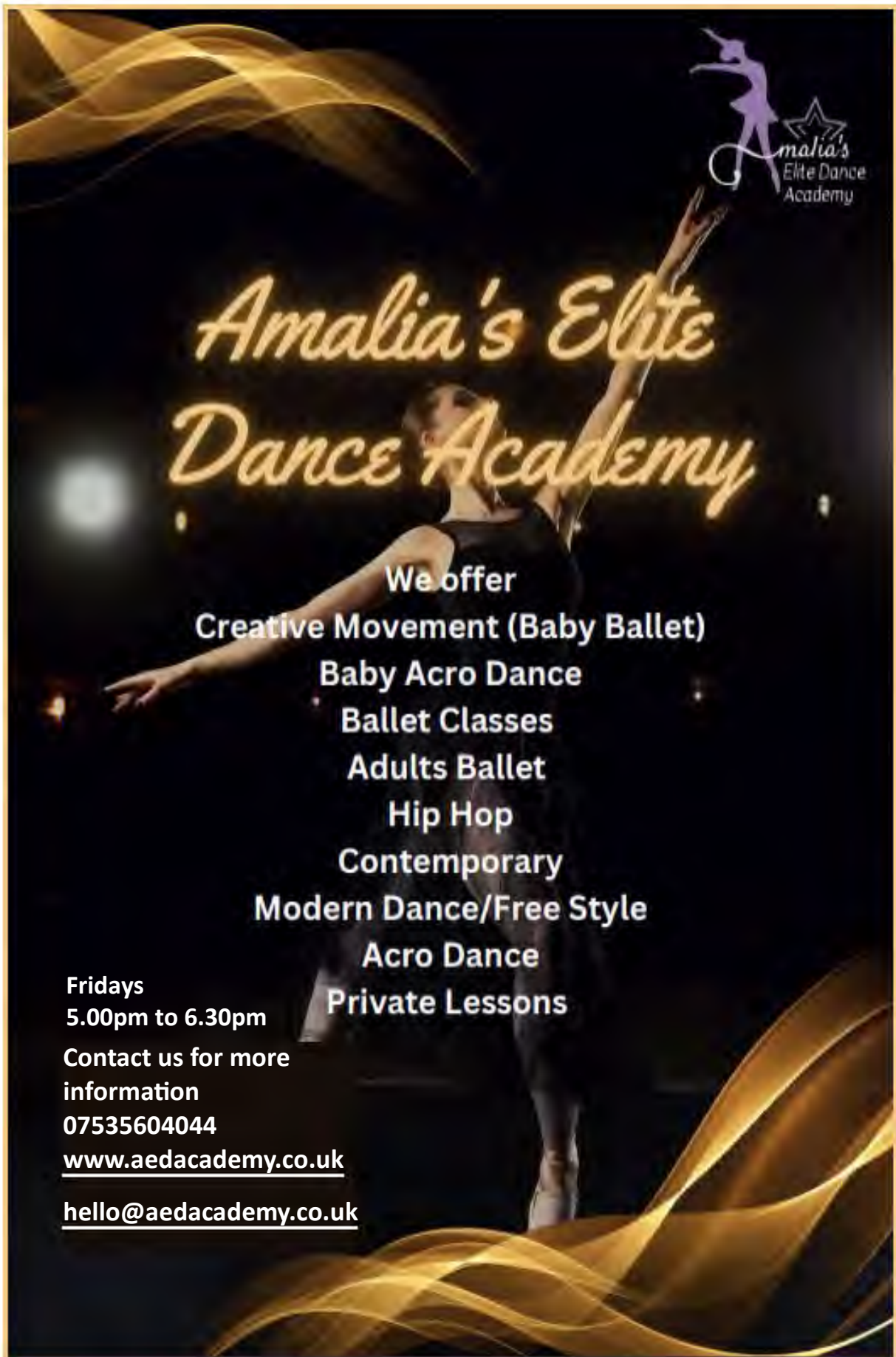


Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk



New class at Banners Gate Community Hall Friday 5.00pm to 6.30pm



Amalia's Elite Dance Academy

We offer

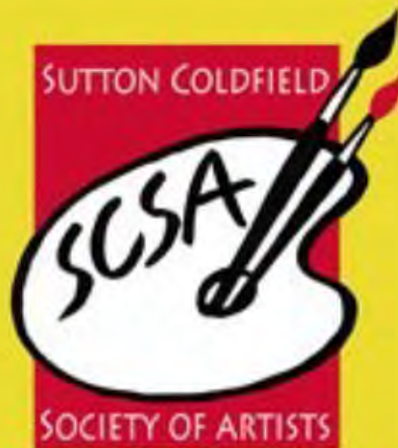
- Creative Movement (Baby Ballet)
- Baby Acro Dance
- Ballet Classes
- Adults Ballet
- Hip Hop
- Contemporary
- Modern Dance/Free Style
- Acro Dance
- Private Lessons

Fridays
5.00pm to 6.30pm

Contact us for more information
07535604044
www.aedacademy.co.uk
hello@aedacademy.co.uk



Urgent!
Food
Donations
Needed!
Now!



Sutton Coldfield Society of Artists

ART EXHIBITION

Sunday 7th May to Sunday 14th May

Opens 11am May 7th, 9am to 5pm all other days

Closes 3.30pm on May 14th

Sutton Coldfield Town Hall

Admission Free

*Works in all media: watercolour, pastel, oil,
acrylic, collage, textile, ceramic and sculpture*

www.suttoncoldfieldsocietyofartists.co.uk

Support local: **Manor Musical Theatre Company**
 In our wonderful **Royal Sutton Coldfield Town Hall**
 Their forthcoming production is crammed with great
 Cole Porter memorable songs.
 Accompanied. by a live orchestra.
 Tickets are going fast so book early for good seats
 and avoid disappointment.

Manor Musical Theatre Company
 www.manormusicaltheatrecompany.co.uk

ANYTHING GOES

8th-11th May 2024, Sutton Coldfield Town Hall

Scan for tickets
 or visit:
[www.ticketsource.co.uk/
 manor-musical-theatre-
 company](http://www.ticketsource.co.uk/manor-musical-theatre-company)

Music and Lyrics by Cole Porter
 Original book by P.G. Wodehouse & Guy Bolton
 and Howard Lindsay & Russel Crouse
 New book by Timothy Crouse & John Weidman

The illustrative production of ANYTHING GOES is presented by arrangement with C...
 www.c...
 ...tricals Ltd, on behalf of Time-Winters LLC.

Sutton Coldfield Town Hall
 Wednesday 8th to Saturday 11th May 7.30pm

E-mail!

Hi Tony,
thought I
would drop
you a line for
Gatepost of our
beautiful Avenue of
Hornbeam trees
standing strong
and proud adjacent
to the North
Birmingham cycle
route at The
Greenway Banners
Gate.



The established trees were transplanted from the campus of the City University in Perry Barr prior to the Commonwealth Games and whilst the university was being demolished. John Porter from the City Parks Department management team played an important role in closely supervising the careful digging and transferring of the trees which have become a magnificent addition to our beautiful Community area.

I'm sure the trees will give continued pleasure to this and future generations of what can be achieved with Community Partnership and resident participation.

Tony Adams



...and
this is
the tool
that
moved
them - a
tree
spade.



ROYAL SUTTON COLDFIELD
TOWN COUNCIL

Proposed Future Meeting Dates

Full Council

24th March 2024

Agenda Item 99

Meeting	Date
Planning and Highways Committee	4 th June 2024
Amenities, Leisure and Community Services Committee	11 th June 2024
Full Council	18 th June 2024
Planning and Highways Committee	2 nd July 2024
Strategy and Resources Committee	9 th July 2024
Full Council	16 th July 2024
Planning and Highways Committee	6 th August 2024
Planning and Highways Committee	3 rd September 2024
Amenities, Leisure and Community Services	10 th September 2024
Full Council	24 th September 2024
Planning and Highways Committee	1 st October 2024
Strategy and Resources Committee	15 th October 2024
Planning and Highways Committee	5 th November 2024
Amenities, Leisure and Community Services	12 th November 2024
Full Council	26 th November 2024
Planning and Highways Committee	3 rd December 2024
Strategy and Resources Committee	10 th December 2024

Planning and Highways Committee	7 th January 2025
Amenities, Leisure and Community Services	14 th January 2025
Full Council	21 st January 2025
Planning and Highways Committee	4 th February 2025
Strategy and Resources Committee	11 th February 2025
Planning and Highways Committee	4 th March 2025
Amenities, Leisure and Community Services	11 th March 2025
Full Council	25 th March 2025
Planning and Highways Committee	1 st April 2025
Strategy and Resources Committee	29 th April 2025
Planning and Highways Committee	6 th May 2025
Full Council	13 th May 2025



Royal Sutton Coldfield Town Council

Date For Your Diary



www.suttoncoldfieldtowncouncil.gov.uk

Residents are invited to attend the

Annual Town Meeting

Your opportunity to have your say and shape
the future of the Royal Town of Sutton
Coldfield.

Wednesday 15th May 2024
Trinity Centre, Trinity Hill, B72 1TF
6pm

For more information:



enquiries@suttoncoldfieldtowncouncil.gov.uk



0121 683 1765

Volunteers Wanted

Banners Gaters is the local volunteer group working in the Banners Gate area of Sutton Park. We meet every Monday morning apart from bank holidays at 11am in the car park at Banners Gate entrance and work until 2 pm (with a tea/coffee break at 12.30). Our work is varied, according to the season and whatever is needed most urgently.

Recently we have cleared the drainage ditch from Chester Road below the Parson and Clerk to prevent flooding of the heathland, repaired the bridge over the ditch, cut back brambles, nettles and gorse encroaching on footpaths, cleared years of overgrown vegetation on Longmoor Pool dam to enable a scheduled safety inspection, replaced rotten posts protecting grass areas by the car park and installed new ones, filled holes in the car park and by pedestrian gates (a never-ending problem) and cut back fallen trees overhanging the footpaths.

In the late 50s there were nearly 50 staff managing Sutton Park alone. Now there are far fewer, caring for all the parks around Sutton – Pype Hayes Park, New Hall Valley and Rectory Park amongst them. With the expected cuts in services from Birmingham City Council the situation is very unlikely to improve and will probably get worse, so volunteers are essential to prevent even further deterioration of our park so, if you're available, please consider joining us.

Everyone is welcome, any gender (we need more ladies) and almost any age. Most but not all of us are pensioners and it's a great way to meet others, get some free exercise and do something positive to improve Sutton Park at

Banners Gate. Tools and gloves are provided as well as tea and coffee - and wear your old clothes.

For more details contact the Visitor Centre by Town Gate or you can ring or text Gill on 07973 194979.



BOOK ONLINE



SUTTON COLDFIELD
Group Practice

NEW ONLINE APPOINTMENT BOOKING SYSTEM from 4th December 2023



- ✓ Easy to use
- ✓ Appointment with the most appropriate clinician available
- ✓ No 8am rush
- ✓ No need to queue
- ✓ Accessible

Please go to www.suttoncoldfieldgp.nhs.uk
or scan the QR code below with your camera



www.suttoncoldfieldgp.nhs.uk



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD NHS



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



AGE Concern
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 NHS

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

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

My first car back in the late sixties was a 1956 Mark 1 Ford Consul with a three-speed column gear change and a front bench seat. It had extras of the day like a heater and a radio. I think the radio was a Second World War design as it had a flap over the face, I assume for the bombing blackout, oh and valves meant it would take 10 minutes to warm up, I recall the engine starter motor would occasionally get stuck in the flywheel and the only way to release it was for me to get under the car and loosen the starter motor bolts, then re-secure the bolts. My fiancée was not amused when on a date in my best togs and in the rain I had to dive under the car. She said, "What are you doing, its raining," I replied, "I will be back in a minute," I grabbed my trusty spanner from the car floor and ground sheet and dropped under the car.

I told her that, as well as a dodgy starter motor, the car had useless brakes and a hopeless hand brake, so when my fiancée said, "Shall we go up to Scarborough for a long weekend on a bank holiday." I said, "I believe it's very hilly so I must attend to the car's brakes before we go."

All the week up to the holiday weekend I replaced the various brake wheel and master cylinder seals. To bleed the system of air bubbles I would suck a plastic tube of brake fluid before popping it into a jam jar, part of the process to bleed brakes, then my Father would pump the brake pedal. Still not working satisfactorily.

This went on throughout the week and each time my fiancée would enquire, "Are we OK to go on Friday?" An ex-mechanic told me to try and replace the complete brake master cylinder. It was now on the Saturday of the holiday weekend with a very irate fiancée who had food bags and supplies ready for our long weekend!!

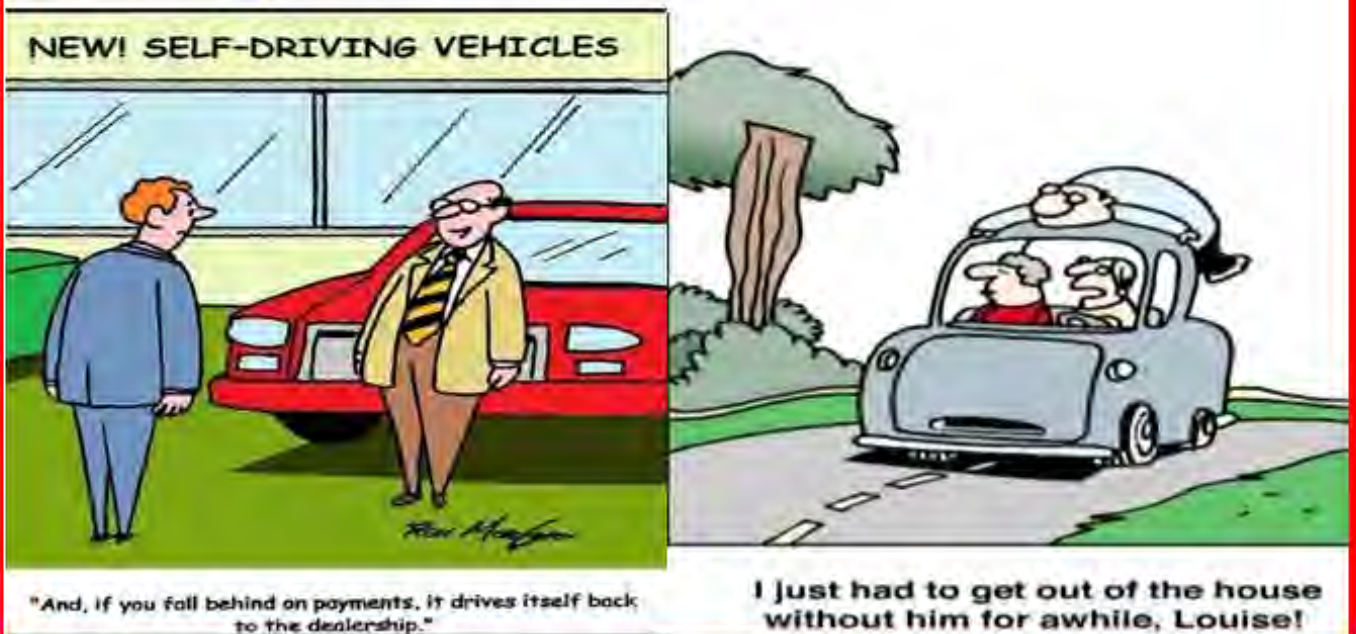
Someone mentioned to me there was a Mark 1 Consul dumped on a roadside verge not far away. So armed with tools I located it only to find a swarm of other enthusiasts. cannibalizing bits of it. I piped up, "Has anyone booked the break master cylinder?" Someone shouted, "No son, help yourself." I was well chuffed. When back home, I put it onto my car and it worked perfectly with no more taste of fluid required.



As proud as punch with a breath smelling of Girling brake fluid from a week of intoxication, I charged down to my fiancée on Saturday evening feeling like the hero of the hour, to report my triumph, and confirm the good news that we could go tomorrow on the Sunday.

I was utterly deflated when her response was, "It's no good going now we are back at work on Tuesday." It was a very long time ago, but I don't recall any kissing taking place between us that night, I guess down to the smell of the Girling brake fluid and the stop on my part, after all my week's unappreciated endeavours.

Eric Jones April 2024



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

I just had to get out of the house without him for awhile, Louise!



10 YEARS AGO



NOW



THEN:

I CAN'T BELIEVE I'M HAVING MCDONALDS!!!



NOW:

I CAN'T BELIEVE I'M HAVING MCDONALDS...



1980

2010



COOLER-THAN-YOU GUY (THEN)

UH, YEAH, ACTUALLY I DON'T EVEN OWN A "T.V."



COOLER-THAN-YOU GUY (NOW)

UH, YEAH, ACTUALLY I'M NOT EVEN ON "FACEBOOK."



BIRTHDAYS THEN:

LOOK AT ALL THESE PRESENTS!



BIRTHDAYS NOW:

LOOK AT ALL THESE NOTIFICATIONS...



ANCIENT GREEK MYTHOLOGY

OH NO! THE SIREN'S SONG! SURELY I AM DOOMED IF I APPROACH, YET I CANNOT RESIST! AAAHHHHH!

TRA-LA-LA?



NOW

OH GOD! I'VE GOT SO MUCH TO DO! BUT FIRST—FACEBOOK.



THAT'S RIGHT, DEAR, OUR ANCESTORS HAD TAILS.



GAMING

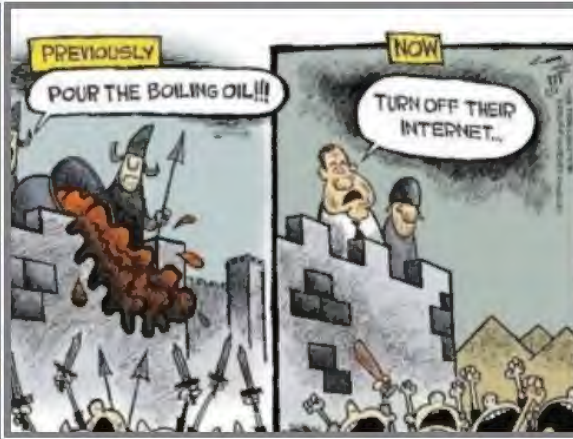
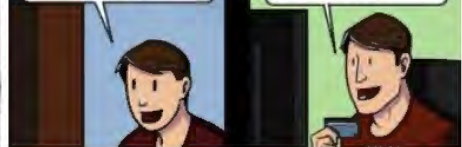
THEN

NOW

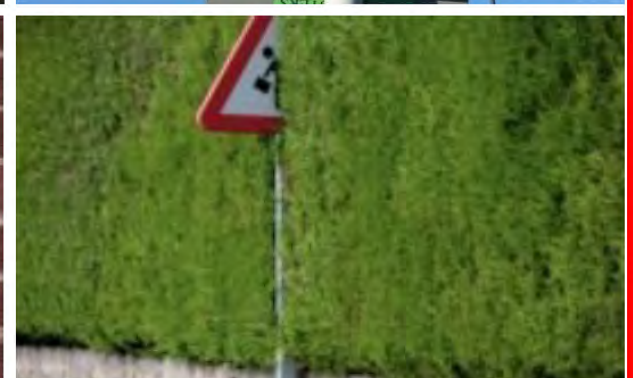
SECRETS:

I FINALLY UNLOCKED ALL THE SECRET CHARACTERS AND LEVELS!

I FINALLY PAID FOR ALL THE SECRET CHARACTERS AND LEVELS!



Odd signs from around the world.





The following are from Ed in Encinitas, California.

Weight loss goal: To be able to clip my toenails and breathe at the same time.

After watching how some people wore their masks, I understand why contraception fails.

Some of my friends exercise every day.

Meanwhile I am watching a show I don't like because the remote fell on the floor.

For those of you that don't want Alexa or Siri listening in on your conversation,

they are making a male version, it doesn't listen to anything.

I just got a present labeled, 'From Mom and Dad,'

and I know darn well that Dad has no idea what's inside.

Now that Covid has everyone washing their hands correctly ...next week...Turn Signals.

Someone said, "Nothing rhymes with orange."

I said, "No, it doesn't."

The pessimist complains about the wind.

The optimist expects it to change. The realist adjusts his sails.

There's a fine line between a numerator and a denominator.

Only a fraction of people will find this funny.

Reading gives us someplace to go when we have to stay where we are.

I have many hidden talents. I just wish I could remember where I hid them.

My idea of a Super Bowl is a toilet that cleans itself.

**A list of 'Common Sayings' contributed at a Coffee morning
Friday 3rd March 2023 and many since.
We do not just sit there drinking coffee at St Columba's Coffee
Morning, every Friday at 10 o'clock!**

The devil finds work for empty hands Better the devil you know.

There's no fool like an old fool. Don't put off till tomorrow what you can do today.

It's an ill wind that blows no good. In for a penny in for a pound.

Can't make a silk purse out of a sow's ear. There's many a slip between cup and lip.

Two's company three's a crowd Beauty is only skin deep Every cloud has a silver lining.

It never rains but what it pours When one door closes another opens.

The spirit is willing, but the flesh is weak. The eyes are the windows of the soul.

Don't throw the baby out with the bath water. He Rambles on. A kick start. Cannon Fodder.

Nose to the grindstone. Sticks and stones may break my bones, but names will never hurt me.

You're my cup of tea. The pen is mightier than the sword. The bewitching hour.

It is all a bit Heath Robinson. Great minds think alike. Well, I'll go to the foot of my stairs.

Age before beauty. Manner maketh the man. You couldn't put a foot wrong. On the tip of my tongue. Shoulder to the wheel. Hot on my tail.

Blind as a bat. Living on the edge. Mind you're Ps and Qs. Funny old world. No place like home. You make me sick. Mark your card. Got your measure. You can't have your cake and eat it. Don't put your foot in your mouth. Money talks. Don't put your foot in it. Don't put all your eggs in one basket. You took the wind out of my sails. An apple a day keeps the doctor away. Leave your coat off else you won't feel the benefit. Gordon Bennett. Put the cat among the pigeons. I don't agree but I'll defend your right to say it.

In for a goose in for a gander. Take a gander. No room to swing a cat.



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communittea cafe

Open

8:30am - 4pm

Monday to Saturday*

Fancy a lighter bite?

Try one of our new omlettes

served with salad

from our new menu...

*Tuesday 2nd we open a bit later at 10:30am

*Thursday 18th we are closed from 12:30pm



AGE concern
Birmingham



Communittea Café

What's On April 2024



76/78 Boldmere Road, Boldmere, B73 5TJ

Call us on 0121 630 2462 or email us
communittea@ageconcernbirmingham.org.uk

Monday

Carers Hub drop-in: 9.30am - 12pm - 8th only

Our advisors can provide information and advice today. Pop in and have a chat, no appointment necessary.

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Walking Group - weekly 10:30am - 11:30am

A weekly wellbeing walk, open to all, especially those who care for others. meet in the cafe at 10:30am with Emily.

Social Cafe Group - weekly 1:30pm - 3:30pm

An opportunity for older adults to meet others and have a chat over a cuppa supported by Sue and Emily from Age Concern Birmingham.

Tuesday

Allotment Group 10am until 12pm - weekly

Come and talk all things gardening with the Communittea Allotment group...

Dementia Carers drop-in: 10am until 12pm 9th only

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

Friends For Life Veterans Group: 1pm until 3pm - weekly

Our group aims to bring together all ex service personnel to make new friends.

Stroke Support Group - 2nd, 16th & 30th

Bringing together friends and families who have experienced the impact of stroke through our supportive group.

Wednesday

Advice Cafe: 11am until 1pm - weekly (Not on 10 April)

One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

****New from 24 April** Cafe Friends: 11am - 12:30pm - weekly**

New group to build friendships, hobbies and meet like minded people

Thursday

Parkinson's UK: 10am until 12pm - 4th & 18th only

A group welcoming those with Parkinson's and their families and carers.

Social Worker drop-in: 10am until 1pm - weekly

Come along to meet and chat to a social worker - ask us anything....

Jubilee Citizens: 2pm until 3pm - 11th & 25th

Need help at home? Pop in and have a chat with one of our team, who will be able to discuss our services and book in a home visit to discuss your needs

Knit and Natter: 2pm until 3:30pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Friday

Art Group: 10am until 11.30pm - weekly

A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment.

Advice Cafe: 11am until 3pm - weekly (Not on 12 April)

One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Chatty Cafe: 2pm until 4pm - weekly

Come down for a chat and a cuppa - everyone welcome!



For more information and to view in a browser [click](#) here.

WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.

 [RESET](#)

 [RESHAPE](#)

 [RESTART](#)

BIRMINGHAM ELECTIONS TAKING PLACE ON 2 MAY



You will be required to show photographic ID to receive your ballot paper

If you don't have an acceptable form of ID, apply for a Voter Authority Certificate by 5pm on Wednesday 24 April.

[Find out about elections information](#)

SAVE YOURSELF A TRIP TO THE TIP



Book now for garden waste collection

The service is a fortnightly collection of garden waste and there are 20 collections in 2024 that will happen between Monday 4 March to Friday 6 December.

[Find out about this service](#)

1. The Blue Meanies were the enemy of the Beatles in which film.
2. What song is most commonly sung to celebrate someone getting a year older?
3. Who composed the songs 'Puttin on the ritz', 'I've got my love to keep me warm' and 'White Christmas'?
4. What is the name of the Dutch footballer who transferred from Arsenal to Man Utd in Aug 2012 for £23 million?
5. How many sides does an icosagon have?
6. Which large animal is the only creature thought to produce its own suntan lotion from its natural secretions?
7. In a musical about gangsters, who are with the guys in the title?
8. Which Greek author was famous for his fables?
9. Which 1988 western saw Emilio Estevez play 'Billy the Kid' alongside Charlie Sheen and Kiefer Sutherland?
10. Which Russian punk band were jailed for two years in Aug 2012 for their anti-Putin protest and inciting hooliganism in an orthodox church?
11. Which historical region of Greece includes the capital, Athens?
12. Glenridding and Pooley Bridge stand at opposite ends of which lake, the 2nd largest in the Lake District?
13. Where in London is there a bronze statue of Charlie Chaplin?
14. What is the name of the actress who played Hilda Ogden in Coronation Street?
15. Who is reported to have played his fiddle while Rome burned?
16. What is the surname of the inventor of the world's first motorcycle?
17. Which song from 'Joseph and his technicolour Dreamcoat' gave Jason Donovan a No 1 UK hit in 1991?
18. Which TV show from the '70s and 80's featured Michael Langdon as Charles Ingalls living on a farm with his wife and 4 daughters?
19. In which country did Posh and Becks marry?
20. Which fantasy kingdom was found at the back of the wardrobe and featured Aslan and a white witch?

Answers

1. The Yellow Submarine. 2. Happy Birthday. 3. Young Berlin. 4. Robin Van Persie. 5. 20. 6. Hippopotamus. 7. Della.
8. Feeze. 9. Young Guns. 10. Pussycat Riot. 11. Attica. 12. Millwater. 13. Leicester Square. 14. Jean Alexander. 15. Nero.
16. Dambler. 17. Any dream will do. 18. Little house on the prairie. 19. Ireland. 20. Narvik.



Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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



REFLEXOLOGY FOOT MASSAGE

“We are living in uncomfortable, crazy times”

*The most productive thing you can do is
“RELAX”*

Switch off for a while - Feel good and reconnect

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today or
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WOULD YOU LIKE TO BE PART OF AN INTERGENERATIONAL BEFRIENDING PROJECT?

Age Concern Birmingham are looking for participants to take part in a intergenerational befriending project.



We wish to reduce social isolation for older adults in Birmingham by making connections with younger people aged 18-25. This will be through a variety of communication methods including letter writing, phone calls and face to face for an initial period of 6 months with ongoing support.

To get involved please contact Claire:

Tel: 07930354885 or email info@ageconcernbirmingham.org.uk

Age Concern Birmingham particularly encourages marginalised groups to participate :



LGBT+ VETERANS DISABILITIES BLACK AND MINORITY COMMUNITIES



Here at **Age Concern Birmingham** – and funded through **The Armed Forces Covenant Trust Fund** - we have been running a Birmingham and Sandwell “Friends for Life” project for ex-service men and women since May last year. We started out with a group of 4 and now have 40+ who are aware of our project. Our weekly Tues meetings can see between 15-25 people attend on a drop in basis and have representation across all services. (Army, Navy and RAF) our oldest member being Joan who is 101 and was one of the first women to service in the WAF.

The aim of the project is to bring like-minded people together, to expand social opportunities and promote supportive interactions. Over the months we are proud to report that many friendships have formed, respect and strong values bring this group together resulting in a community of support outside of the weekly meet. Many of our veterans have also gone on to fulfil a volunteer role within our organization, giving a real sense of purpose and increased self-esteem.

The project has many options to combat isolation - not everyone may be comfortable with a group setting, so where possible we can facilitate phone calls, 1-1 meets and in some cases home visits if all parties are happy.

If you have served or know someone who has and would benefit from this project – please contact Claire on 07930354885 for more information



WE NEED YOU!

Calling all Ex-Service Men and Women Across Birmingham and Sandwell!

Did you serve?
Do you know someone who served?

Let's get together to reduce isolation, promote social interaction and make new friends with people from similar backgrounds.

For more information on our groups and opportunities contact Claire on 07930354885



no men.... just pause

Here at Communitia we are looking to start a no men... just pause group, to SHARE, SUPPORT, ASK and UNDERSTAND all things menopause.



You might be feeling (yawned?) and not yourself?? It's OK So... #intstalk about you!

MENOPAUSE

Get in touch on 07930354885 for more information



Over 22,000 email and social media account hacked

Data from Action Fraud, the national fraud and cybercrime reporting service, shows that **22,530 people** reported that their online accounts had been hacked in 2023, with victims losing a total of £1.3 million.

How are accounts hacked?

On-platform chain hacking

This is when a fraudster gains control of an account and begins to impersonate the legitimate owner. The goal is to convince people to reveal authentication codes that are sent to them via text. Many victims of this type of hacking believe it's a friend messaging them; however the shared code was associated with their own account and the impersonator can now use it to access their account. Usually when an account is taken over, fraudsters monetise control of the account via the promotion of various fraudulent schemes, while impersonating the original account owner.

Leaked passwords and phishing

The other predominant method of hacking reported is leaked information used from data breaches, such as leaked passwords, or account details gained via phishing scams. This becomes prevalent as people often use the same password for multiple accounts, so a leaked password from one website can leave many of their online accounts vulnerable to hacking.

How to secure your accounts

- **Use a strong and different password** for your email and social media accounts. Your email and social media passwords should be strong and different from all your other passwords. Combining [three random words](#) that each mean something to you is a great way to create a password that is easy to remember but hard to crack.
- **Turn on 2-Step Verification (2SV)** for your email and social media accounts. [2-Step Verification \(2SV\)](#) gives you twice the protection so even if cyber criminals have your password, they can't access your email or social media account. 2SV works by asking for more information to prove your identity. For example, getting a code sent to your phone when you sign in using a new device or change settings such as your password. You won't be asked for this every time you check your email or social media.

If you live in England, Wales and Northern Ireland and have been a victim of fraud or cybercrime, report it at www.actionfraud.police.uk or by calling 0300 123 2040. In Scotland, victims of fraud and cybercrime should report to Police Scotland on 101.

If you receive a suspicious email, you can report it by forwarding the email to: report@phishing.gov.uk.

Find out how to protect yourself from fraud: Gov.uk/stopthinkfraud

(If you found the information in this email useful, please forward it to your friends, family and colleagues)



Message Sent By

Action Fraud

(Action Fraud, Administrator, National)



Child Exploitation Can Happen to Any Child. Anywhere.



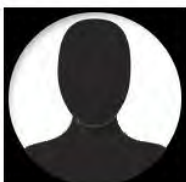
Spotting the signs could save a child or young person from exploitation. We're working hard to disrupt criminal gangs but we need your help.

Exploitation can happen anywhere. If you see something that does not feel right, report it.

You can report exploitation by calling 999 or 101. If you want to report anonymously, call Crimestoppers on 0800 555 111

Visit the Children's Society #LookCloser campaign for more

information  <https://bit.ly/46yUs5j>



Message Sent By

Stefanie Sadler

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



We're talking stalking – here's what you need to know



This week is National Stalking Awareness Week (22nd – 26th April). We're here to help you understand what stalking is and how to stay safe.

Stalking is a serious crime. It can make you feel scared and frightened to leave your home, but remember - you are not alone and there is help available.

Stalking doesn't always involve threats. In reality, stalking can be a pattern of any unwanted contact that persists and makes you feel uncomfortable or unsafe.

Here's how to spot stalking – look out for the FOUR warning signs:

- **Fixated** (the stalker is obsessed with you)
- **Obsessed** (their behaviour goes beyond normal attention)
- **Unwanted** (you've made it clear you don't want contact)
- **Repeated** (it keeps happening).

Sometimes stalking behaviours can seem small on their own. But when they're combined into a pattern that follows **FOUR: Fixated, Obsessed, Unwanted, Repeated**. **You should record it and report it to police before it escalates further.**

Many of us have been conditioned to see these behaviours as harmless or even desirable because of romantic comedies. But these behaviours are wrong and not acceptable.

[Watch our new romantic-comedy trailer](#), to see how these seemingly small gestures can escalate to something far more sinister.

Continued on next page...

This unwanted attention can take many forms, such as:

- **Showing up at your home or workplace uninvited**
- **Following you in public places**
- **Repeatedly calling, texting, or emailing you**
- **Sending unwanted gifts or messages**
- **Monitoring your social media activity**
- **Damaging your property and making threats**

It's important to remember that stalking can be directed at anyone, regardless of factors like age, gender, race, or sexual orientation. If someone's unwanted attention is making you feel uncomfortable, it's important to take steps to protect yourself.

What to do if you're being stalked

If you believe you are being stalked, there are steps you can take:

- **Document the behaviour:** Keep a record of all unwanted contact, including dates, times, and details of what happened.
- **Tell someone you trust:** Talk to a friend, family member, colleague or a police officer about what is happening.
- **Increase your safety:** Consider changing your routines, varying your routes, and letting trusted people know where you are going and share your location.
- **Speak to the police:** If you are worried about your safety, report it to the police. You can call us on 101 or report using Live Chat on our website. In emergencies, always dial 999. The police can apply for a Stalking Protection Order (SPO) which is a civil order and protects victims of stalking.
- Remember, you are not alone. Stalking is a serious crime, and there are resources and support services available to help you stay safe.



Message Sent By

Anthony Wilkes

(West Midlands Police, Engagement and Consultation Officer , West Midlands)



Rogue Traders

At last the weather seems to have improved. So many will be out to prepare their gardens for Spring and Summer. Of course many in our communities would love to get out and garden, but are unable to do so. These gardens can stand out and draw the attention of rogue traders and bogus callers who cold call to offer gardening and other services. These are not official traders they charge lots of money for little if no work, plus they are not qualified or insured. Please do not allow them to do work, say no thank you. If they cause issues call the police to report the incident. Best not to open a door, may be speak via a window partly opened. Never let unknown persons into your home. For those who care for, or are elderly and require a garden service then it is worth contacting Age UK www.ageuk.org.uk as they can offer advice on ensuring work is carried out by genuine traders.



For further crime prevention advice please visit: www.westmidlands.police.uk/ crime prevention.



Message Sent By
Saul Smith
(Police, PCSO, Trinity neighbourhood team)



Your donations save lives

Help fund life saving research by
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We particularly need good quality:

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Drop your donations direct to your local
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Units 6-7 Red Rose Centre, Sutton Coldfield,
West Midlands, B72 1XX

0121 355 5848

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

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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

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www.cinnamoncc.com/suttonparkgrange

Join us for our next event

Mercia Grange care home, Sutton Coldfield

Coffee, cake & friendship cafe

First Tuesday of every month
2pm - 4pm

Come along to our coffee, cake and friendship 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

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

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

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



What's On 
at
Sutton Coldfield
Library
May 2024



FOR FAMILIES

Saturday 25th May

Craft: 11am–12pm – Elmer Door Hanger. Celebrate Elmer day by colouring in and decoration your own Elmer door hanger. Drop in session.

Thursday 30th May

Craft: 2:30pm–3:30pm – Superhero Masks. Come along to decorate your own mask. Drop in session.

Every Monday

English for Ukrainians Class - 10 - 11.30am - Come along to our friendly class to learn English and make new friends

Ukrainian Coffee Morning - 11.30am - Join other Ukrainian people for an informal cuppa and chat every Monday

Lego Club - 3.15 - 4.30pm - Come and play with our Duplo and Lego blocks.

Tuesdays (Term time only)

Home Ed Lego and Boardgames–9:30am–12:30pm– A relaxed, friendly session for home educated families. Drop in session.

Every Friday

Pre-School Story Time 10 - 10.30am - Bring your children aged 0-5 along to enjoy some stories, rhymes & musical instruments.

Every Saturday

Lego Club and Boardgames 2.30 - 4.30pm - Enjoy playing with our board games and Lego every Saturday afternoon.

*** Please note that the crafts are not suitable for children under 3 years old.**

Children must be accompanied by an adult.



FOR ADULTS

First Saturday of the Month

Royal Sutton Coldfield Town Council Advice Surgery 9.30 - 11.30am -
Monthly advice surgery with Councillor Pears

Every Friday

Chinese Coffee Morning 9:30am-11am - Join other Chinese people for an informal cuppa and chat every Friday.

Saturday 4th May

Poetry Matters group 10.30am - 12.30pm - Join like-minded poetry lovers in the library for poetry readings and discussions.

Thursday 30th May

Elderberries 10am-12pm - Held on the last Thursday of the month. Over 50s social group - come for a chat and a cuppa with Noran from FOLIO Sutton Coldfield.

Every Tuesday

IT Help from FOLIO volunteer Geoff 2-4pm - Geoff is available to help with how to use a desktop computer or laptop to smart phones and tablets / iPads. To book a place please ask at the Information Desk.

Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: <https://sclhrg.org.uk>

Thursday 9th & 16th May

Shared Reading Group 2.15 - 3.45pm - if you enjoy discussing all types of literature join our small group that meet on alternate Thursday afternoons. More details can be found on our social media.

1st, 2nd & 3rd Thursday of the month

Craft & Chat Group 10am - 1pm - if you enjoy knitting, or any other type of needlecraft or crafting, or would like to get started come and visit our friendly group based in the library. Normally situated in the soft seating area. No booking necessary.



Sutton Coldfield Library

Opening Hours

Monday: 9.00am-1pm & 2pm-5pm

(Closed Bank Holiday, Monday 6th May & Monday 27th May)

Tuesday: 9.00am-1pm & 2pm-5pm

Wednesday: CLOSED

Thursday: 9.00am-1pm & 2pm-5pm

Friday: 9.00am-1pm & 2pm-5pm

Saturday: 9.00am-1pm & 2pm-5pm

Sunday: CLOSED

Contact Us

0121 464 2274

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary

Kingstanding Library

birmingham settlement
developing communities, changing lives

Employability and Digital Skills Programme

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

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

Are you unemployed and looking for work?

We can help!

Our Employability and Digital Skills Programme offers support in:

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Find us:

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

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



Like us on Facebook at Birmingham Settlement

Follow us on Twitter at @BSettlement

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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



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

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

OR CONTACT ELIZABETH: 07597 012 598

It's Free!



Pop-up Share Shack

Wednesday 11am - 1pm

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

Come and visit us where you can:

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

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

For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7050, email: shareshacks@theaws.org or visit: www.theaws.co.uk/shares-shacks



See next page

**ELIM LIFE CHURCH
FOODBANK**
Are here to help You!



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•KINGSTANDING
•WYRLEY BIRCH
•PHEASEY
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PHEASEY B43 7TL

OPEN WEDNESDAYS
Referrals:
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Parcel Collection:
WEDNESDAYS 12NOON-2PM
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WEDNESDAYS 9.30AM-2.30PM

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foodbank@elimlifechurch.co.uk
CALL:
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www.elimlifechurch.co.uk




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(Please note a request does not guarantee a parcel)

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Common, Stockland Green,

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

What's On at Streetly Community Library

Spring/Summer 2024

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

(The Children's/Library Groups area will have limited access during the above sessions)

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

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

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

Every Saturday 12-1 Local Councillors' Surgery

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

4th Tuesday of each month 10.30-12 Death Café - *ask at the counter or see the flyer for more information*

Every other Saturday from 20th April 11-11.30 Saturday Stories

Saturday 27th April 11-12.30 Lego Fun

Saturday 25th May 11-12.30 Lego Fun

Saturday 8th June 10.30-3 D-Day 80th Anniversary Event—*refreshments, activities, face painter, sing-along*

Saturday 22nd June 10-12 Mental Health Drop-in Session

Saturday 22nd June 11-12.30 Lego Fun

Streetly Community Library, Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk

Birmingham's Mobile Library Service

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

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

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

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

It currently operates **every Tuesday between 10.00 – 11.00 parked** outside Sutton Park Academy on Coppice View Road, B73 6UE.

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

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

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library





It seemed that an 'onlooker' was unhappy with the police flyer posted on the Wylde Green Neighbourhood Forum Community Notice Board and decided to smash the Perspex screen and remove it!!!!



Once more, 'Walmley Glass' came to the rescue and placed this temporary blue wrap, until the new order of Perspex screen replacement was available for them to fix in place.

Profuse thanks go to Walmley Glass for their speedy response and generosity to restoring this Notice Board and enabling WGNF to continue displaying public notices for the Community.



HelpinBrum

Find Help In Brum

Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

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

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

The services at each space will vary but may include:

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

You can find details of our current Birmingham Warm Welcome Spaces at www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link:

www.gov.uk/check-benefits-financial-support

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

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

Foodbanks:

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

With one visitor saying "It was just a small personal loan, that made me feel welcome and on the occasions when I was over my budget, it also felt like somebody did care that times were tough."

To find a foodbank or other food support please visit

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

Healthy Start card

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

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

To find out more and how to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

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

More Information Available

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

Other Support Available

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

Age UK Birmingham

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

Birmingham Mind

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

Moneyhelper

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

Stop Loan Sharks

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

Turn2Us

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

Birmingham and Solihull Women's Aid

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

Shelter

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

The Active Wellbeing Society

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

The Refugee and Migrant Centre

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

Spitfire Services

Advice on money.
0121 747 5932 | www.spitfireservices.org.uk

**St John
Ambulance**



Young Responders

Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

"Make a difference today!"

Hands-on first aid sessions for 14 - 25s



FREE first aid sessions in your local area

For more information visit www.sja.org.uk



Play Bridge



Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

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

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

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

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

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge



Pawpounders
Doggy Daycare Centre

Awarded
5 Stars
by **DEFRA**
& Lichfield District Council

Puppy Socialisation and Training Classes now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

5-week course at our specially designed training centre that will cover the following:-

- Socialisation
- Play
- Food
- Toilet Training
- Heel work
- Sit and stay
- Gate, Door control
- Vocal Commands
- Lead Walking




TO BOOK YOUR PLACE PLEASE
EMAIL ERICA at
Ecd23@icloud.com or call
07704523733.



Line Dancing
Absolute Beginners Class
to be held at
Banners Gate Community Hall
Tuesdays 5 - 6 pm
Everyone welcome
Please phone Diane
On 07711 048 215
For further information





CREATIVE PLANTS

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



PREGO
Cafe

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

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

Your free advertisement could go here.

Email bgatepost@gmail.com.



Do you like to sing?

Challenge yourself to learn a new song in 4 weeks and perform it in front of your family and friends, by joining our **FREE** singing course each **Monday 26th February to 18th March 2024** with Second City Sound, a female four part harmony acapella (unaccompanied) chorus.

We meet at Grove Vale Primary School, Monksfield Avenue, Great Barr, B43 6AL.

Telephone Elaine on 0121 384 4729 for more details.

OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

BENEFITS
HOUSING
EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

DEBT ADVICE
LEGAL ADVICE

For more information contact us on: 0121 354 4080
Email: advice@ourplacesupport.org
www.ourplacesupport.org
Facebook, Twitter, Instagram @OurPlaceSupport



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



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

 Food & Energy	 Health Support	 Domestic Abuse	 Emergency Funding	 Money & Debt Advice
 Data & IT	 Under 5's Support	 School Uniforms & Clothing	 Parenting	 Special Needs & Disabilities
 Bereavement	 Housing	 Sexual Health	 Mental Health	 Play

If you need more information, or support filling out the form, contact your Community Connectors, Danielle & Louise
communityconnectors@ourplacesupport.org

 **OUR PLACE** Your Place for Support 

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach



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

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

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

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



Free
Bring proof of address for first loan

Pop-up Share Shack

Wednesday 11am - 1pm

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

Come and visit us where you can:

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

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

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

Share Shack | SPORT ENGLAND | active | Active Walking




Parish Nursing Ministries UK

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





Home visiting Podiatrist

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

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

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

FORGET ME NOT SING-ALONG



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

£5 PER SESSION
(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?
Every Monday starting
4th October at 11:30pm
1 Hour Session

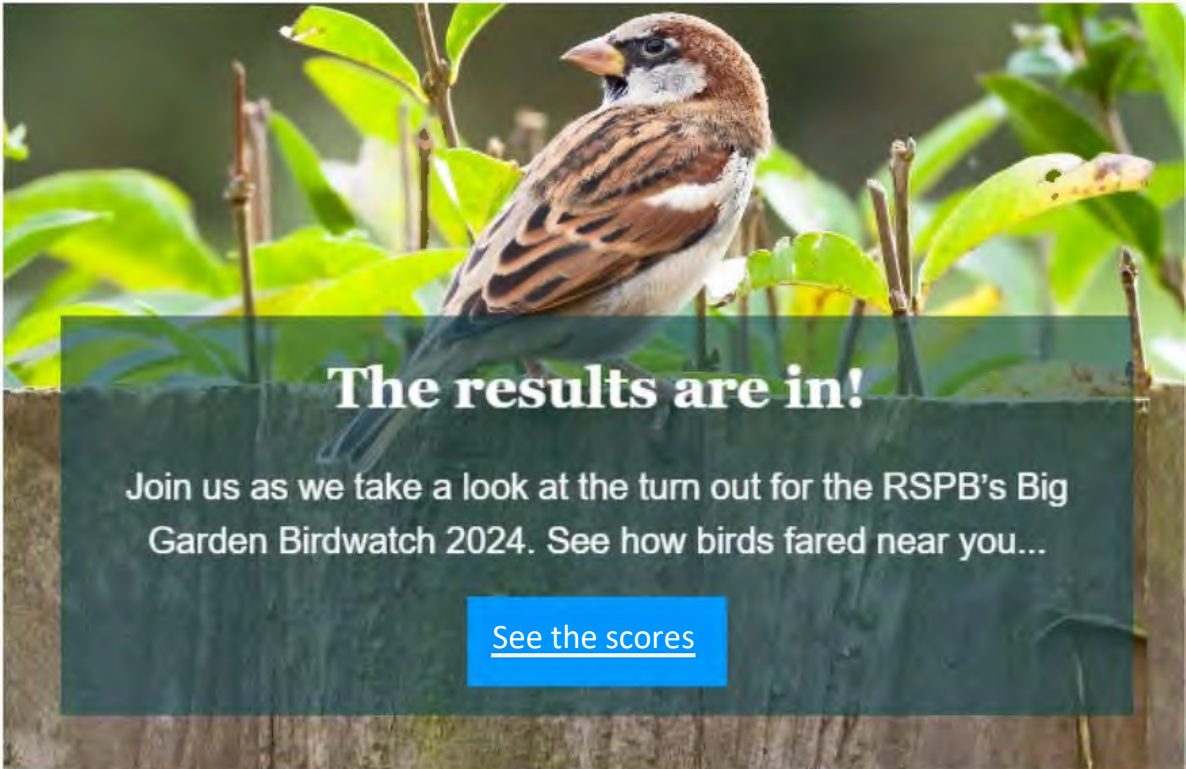
St Johns Centre
Christ The King Church
Warren Farm Road
Kingstanding
B44 0QN

kidzlikedanny@blueyonder.co.uk | 07544393523



[Shop](#)

[Join](#)



The results are in!

Join us as we take a look at the turn out for the RSPB's Big Garden Birdwatch 2024. See how birds fared near you...

[See the scores](#)

Caught up with the Big Garden Birdwatch 2024 results yet? Perhaps you'd like to see how the top 10 changed across the country? Join us as we take a look at this year's turn out. With over half a million people taking part this year, Big Garden Birdwatch perfectly illustrates the power of people coming together to take action for nature – thank you so much for being part of it.

We also bring you some incredible news following our annual Bittern survey, plus an opportunity to join our member-exclusive migration webinars – the next one focusses on Swift arrivals.

Lastly, make sure you get out and about in nature this month if you are able to. With so many species returning to our countryside, shores and gardens in April, it's the perfect time to break out the binoculars. Not sure where to go? Why not [visit a local reserve?](#)

Have a wonderful wildlife-filled week!



Hayley Hawes
Notes on Nature editor

Which?

Investment scammers pocketed £13m a week

Criminal gangs flogging bogus investments and 'get-rich-quick' schemes stole an average of £13m a week in the past four years, according to Action Fraud data revealed by a Freedom of Information request.

It's a horrifyingly profitable crime, and victims can lose their lifetime savings. But what are the different types of investment fraud? From 'pension liberation fraud' to 'Ponzi schemes'— find out the [different types of fraud and how to invest safely](#).

Keep your tablet secure

Our research has discovered that some tablet manufacturers support their devices with vital security updates for as little as two years, while others support theirs for five or more.

Tablets are computers. And, just like computers, they're vulnerable to security attacks. Use our free tool to [check how long a new tablet will get software and security updates](#), and find out what to do if your tablet's at risk.

Santander customers lost £7.3m to purchase scams

Santander has reported that purchase scam claims were up by a third in 2023 compared to 2022.

A purchase scam is when a product you pay for turns out to be fake or non-existent. The scammer is seeking to dupe you into handing over your personal and financial details, and the scam may result in loss of money immediately or even months later when you may be retargeted by the scammer.

Read on to find out what these [types of scams look like and how to avoid them](#).

[Scam sharer tool](#)

There's now a much easier way to make us aware of scams directly with our scam sharer tool. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud

Stay safe,

Which? Scam Alert Team

P.S. Please share this information with your friends, family and neighbours – anyone who may find it helpful. Alternatively, they can [sign up here](#) to receive this directly to their inbox.

Which?

Watch out for this WhatsApp scam

Watch out for this nasty WhatsApp scam that enables hackers to take control of your account and access all of your messages. [Find out here how this scam works](#) and how to protect your account from fraudsters

Spot the signs of a rogue trader

Victims of rogue locksmiths can experience rip-off prices, poor workmanship and intimidation. Locksmiths aren't regulated, which means that technically, anyone can call themselves a locksmith, do a shoddy job, charge you a fortune and avoid being held to account.

In 2022, the Master Locksmiths Association received more than 300 reports about fraudulent locksmiths. Victims had been charged anything from £500 to more than £3,000 for emergency call-outs, which is significantly more than a reputable locksmith would charge.

[We explain the tell-tale signs of a rogue locksmith](#) and how to avoid appointing one.

Fake flights and phantom hotels

Lloyds Bank is warning holidaymakers to watch out after it saw a 7% spike in travel scams in the past year. Victims lose an average of £765 to these scams, with Lloyds saying nearly half of those affecting its customers started on Facebook.

Find out how to avoid getting caught and the [seven steps to take to stay safe when booking your holiday this year](#).

[Scam sharer tool](#)

There's now a much easier way to make us aware of scams directly with our scam sharer tool. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.



Change of venue



Sing Me Sunshine is my lovely singing group for all!

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



Tuesdays 2 - 3pm St Columba's Church hall Banners Gate Road/ Chester Road North Sutton Coldfield B73 6TX	Thursdays 2 - 3pm All Saints' Church Centre Belwell Lane, Four Oaks, Sutton Coldfield B74 4TR
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£5 PER PERSON

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

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

Your free advertisement could go here.

Email

bgatepost@gmail.com




Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

Beechcroft Centre
Rear of 581 Slade Road, Erdington, B23 7JG

In Partnership with **creative SUPPORT**
Forward Thinking Birmingham



CHESTER ROAD Baptist Church

CAFE TOTS

We're a Warm Space!
for parents/ carers and your little ones!

Chester Road, Sutton Coldfield B73 5HU

Wednesdays 9am-3pm
Thursdays 11am-3pm
Fridays 9am-3pm

FREE entry, craft, parking, WiFi...
Need the hot drink to be free?
Just ask for a Royal Tea/ Royal Coffee*

Supported by Royal Sutton Coldfield Town Council

*a value drink




Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

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

In Partnership with **creative SUPPORT**
Forward Thinking Birmingham

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

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

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

**EVERY MONDAY & WEDNESDAY
10am—12noon**

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

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

ਜੀ ਆਇਆਂ ਨੂੰ

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

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

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

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



Sanjha Chulha
a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

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

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

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

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

Please share with your family & friends


@SikhsOfSuttonColdfield @Sikhs_of_Sutton

SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



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

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

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

Pregnant? Children under four?

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

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

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

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

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

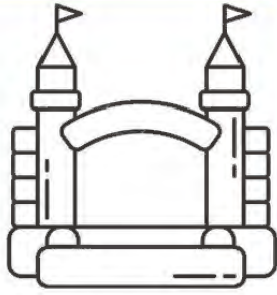
Sign up today www.healthystart.nhs.uk or telephone 0345 607 6823

Healthy Start

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

Birmingham City Council HEALTHY START NHS

rachel.mackay@careuk.com



G & T party hire

AVAILABLE FOR ALL OCCASIONS



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

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

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

Facebook: Gandt party-hire

Instagram: gandt_partyhire

Email: Gandtpartyhire@hotmail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha



Pawpounders
Doggy Daycare Centre

Awarded
5 stars
by **DEFRA**
& Lichfield District Council

Puppy Socialisation and Training Classes
now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

5-week course at our specially designed training centre that will cover the following:-

- Socialisation
- Play
- Food
- Toilet Training
- Heel work
- Sit and stay
- Gate, Door control
- Vocal Commands
- Lead Walking




TO BOOK YOUR PLACE PLEASE
EMAIL ERICA at
Ecd23@icloud.com or call
07704523733.




RDS

BRAND NEW DANCE CLASSES IN YOUR AREA!
REPERTOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

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

PRICE £5 PER CHILD


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

WHERE?
BANNERS GATE COMMUNITY HALL
SUTTON COLDFIELD
B73 6UR

MORE INFORMATION

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

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



"W" (Double-u)
(an abbreviated term for a win)

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

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

Join the Winners Circle!
Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



@PuterTutor
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Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team ?

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



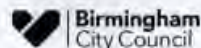
Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/
Dressing yourself



Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

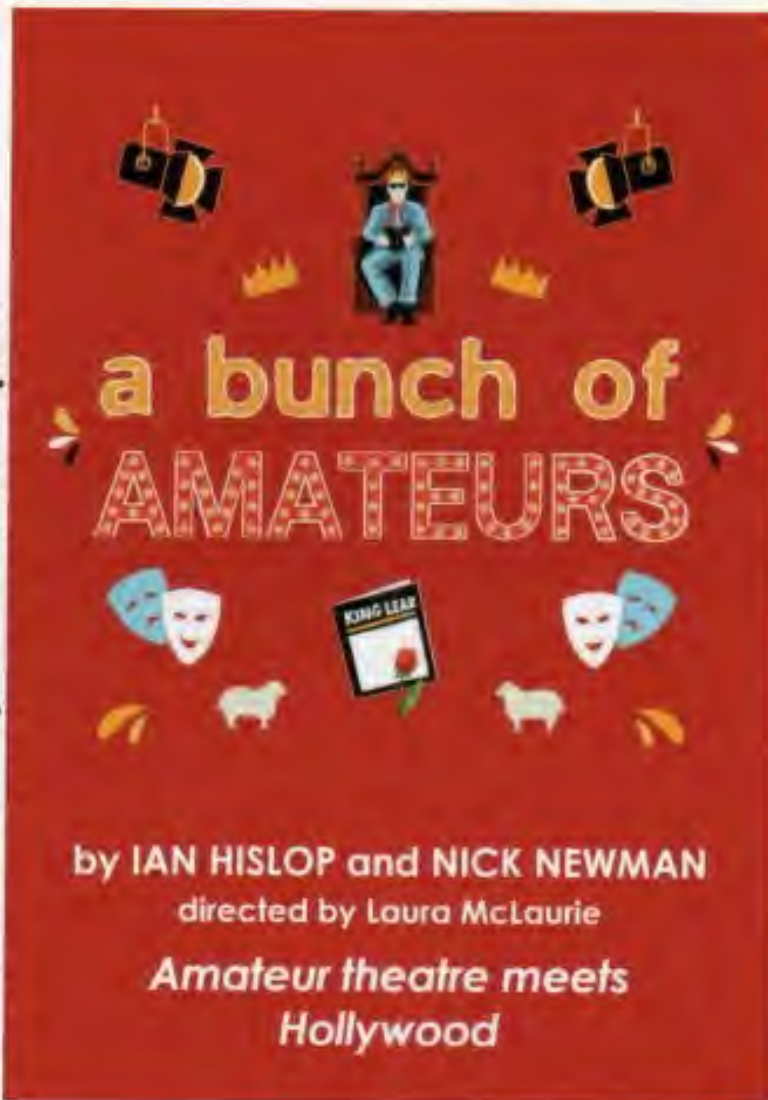
Ask for Learning Disabilities Enablement team

HIGHBURY PLAYERS

PRESENT

COMEDY

23 Apr - 4 May 2024, 7.30pm



Fading Hollywood action hero Jefferson Steele arrives in England to play King Lear in Stratford – only to find that this is not Stratford upon Avon, but a sleepy Suffolk village. So, instead of joining the RSC, he finds he has joined a bunch of amateurs.

An amateur production by arrangement with Concord Theatricals Ltd

HIGHBURYTHEATRE.CO.UK 0121 373 2761



13 - 18 May 2024, 7.30pm, Studio

**how to date
a feminist**

by SAMANTHA ELLIS
directed by Liz Parry

*An upside-down
romantic comedy*

COMEDY
"STRONG LANGUAGE"

A satirical look at the Hollywood rom-com featuring two proposals, two weddings, an elopement and cast of lively characters. Kate talks feminism, likes her men tall, dark and smouldering Heathcliff. She has a fatal attraction to bad men. Then she meets Steve. Steve is a feminist...

An amateur production by arrangement with Nick Hern Books

HIGHBURYTHEATRE.CO.UK 0121 373 2761

birmingham settlement



developing communities, changing lives

Are you unemployed and looking for work?

We can help!

Employability and Digital Skills Programme

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding



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

www.birminghamsettlement.org.uk

Registered Charity: 517303



The
Cancer
Support
Centre



THE WALKING GROUP IS BACK!

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

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

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



The
Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause
 £25 supplies a child entering emergency accommodation with their own Buddy Bag.

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



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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity



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**NEW FRIENDS, NEW INTERESTS
A WARM WELCOME**

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



Pizza · Pasta · Steak · Fish



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Boldmere

SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

Contact: Colin – 07966-745741

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

**SUTTON COLDFIELD ACOUSTIC
GUITAR CLUB**

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158



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could go here.

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u3a
Sutton Coldfield

Sutton Coldfield u3a



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

u3a learn,
laugh,
live

Who do you think you are?

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

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

Why not contact:

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

For more information go to: www.scu3a.org.uk



Trinity Photography Group

Do You Want To...

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

If so... come and join us.

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

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

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

We do have a small fee: member's £2.50/visit, non-member's £5.50/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

Affiliated to the Photographic Alliance of Great Britain through the Midland Creative Photographic Federation



Sutton Coldfield Photography Club



The friendly club

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

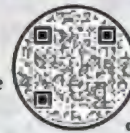


We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

mail@suttonphoto.club

Find us at

www.suttonphoto.club

or scan the Flowcode here

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



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield, B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield, B73 5EU

CYCLE WITH US

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

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



FIND US AT:
125 WESTWOOD RD
SUTTON COLDFIELD
B93 6UH
£3.50 PER CHILD



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



MORE INFO:

For all preschool age children.
No booking required.
Call Beth on
07920 859 450
for further details.



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We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

- BIAB Gel nails
 - Gel toes
 - Manicures&pedicures
 - Gel extensions
- Based at...
The Luna Lounge
Sutton Coldfield
B74 4EU



To book in, message me

Instagram on... Facebook
_beauty_by_ella 07825001242 Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



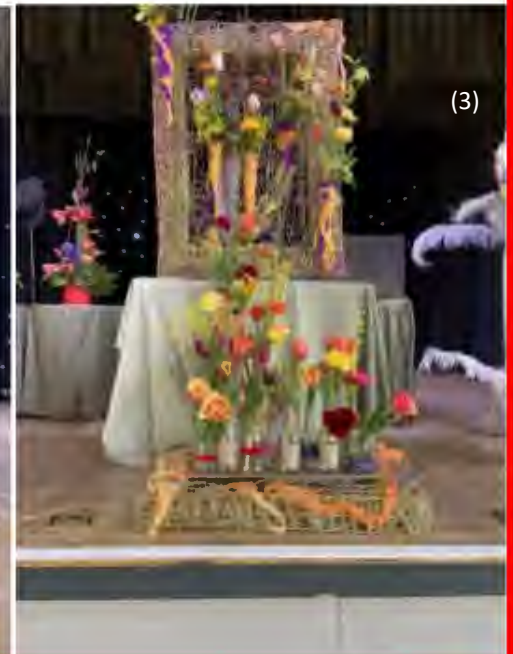
We meet monthly 2nd Tuesday - Streetly Community Centre, Foley Rd East, B74 3HR.



Why not join us - we are a friendly, enthusiastic Club "Bringing People & Flowers Together" Visitors and new members always welcome.

Next meeting Tues. 7th May - 2.15pm short AGM followed at 2.45pm by a wonderful Demonstration with Claire Bond "Spring Gifts".

Further details - Chris Reeves tel 0121 354 6264



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

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



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

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

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

Refreshments available.

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

Have a look at our Facebook
page and website
'www.suttonfuchsia.co.uk' or
telephone our secretary Gail
on 0121 353 3373 for more
information.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

Our March meeting was almost a quiet event, as our speaker cancelled at the last minute. Luckily for us, our old friend Mick Poultney stepped up to the plate, and gave us a great informative talk on cannas.

Mick, otherwise known as The Compost King, is a good solid black country chap, and can be heard giving talks at such shows as Gardeners World and RHS Malvern. He is always entertaining, and I am happy to report that the room was full of laughter and chatter all evening.

Next month we are joined by Ruth Plant from the Hardy Plant Society, who I know will be bringing along some unusual plants for sale.

We always meet on the second Thursday each month, at Banners Gate Community Church in Westwood Rd, doors open at 7.30p.m. for an 8.00p.m. start. Come along as a visitor for just £2 or join for the year for £10. We hold a monthly competition which the members vote on, and

this month it was 'St George's Day.

The idea of this is to get members into the habit of putting a plant on the show bench to be judged, ready for our show in August. 'If you would like to know more, please have a look at our website or Facebook page, or give our secretary Gail a call on 07307857440



**CALLING ALL QUILTERS! OR ARE YOU INTERESTED IN LEARNING ABOUT QUILTING?
WANT TO IMPROVE YOUR SKILLS AND TECHNIQUES?
WHY NOT COME TO OUR GROUP?**

Sutton Coldfield Trinity Quilters was founded in 1996, our aims are to further the skill and art of patchwork and quilting. We meet at Holy Trinity Parish Church, Mill Street twice per month: the second Tuesday evening from 7.30-9.30 pm and the fourth Wednesday afternoon from 2.30-4.30 pm. Our programme runs from September to July each year.

ABOUT OUR MEETINGS: Our meetings are varied: we invite quilters to come along to give talks, demonstrations and workshops in their particular specialism, as well as sit and sew meetings, social evenings, demonstrations. We also have regular workshops and Show and Tell evening. We have two trips a year, one to the Malvern Quilt Show in May and another to a quilting outlet for retail therapy (different each year).

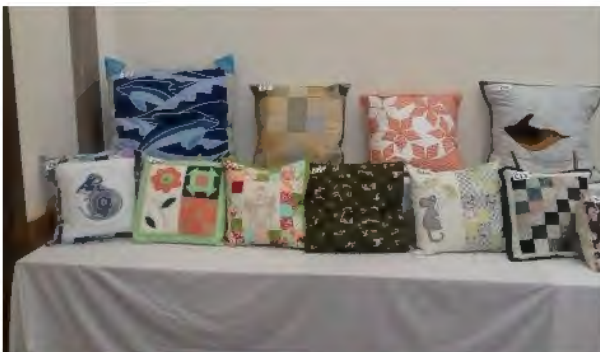
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

WHO CAN JOIN? Anyone who is interested in patchwork and quilting - you don't need to be an expert! We positively welcome beginners to the craft and members are more than willing to share their knowledge. In addition, one of our members is a qualified P&Q teacher and runs workshops and classes in and around Sutton Coldfield.

WHAT KIND OF THINGS DO YOU MAKE? Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, miniatures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members also make quilts for Linus UK, a charity which gives quilts to children and young people in hospital, hospice or in need. Whilst we do not "make" things at meetings, we have demonstrations and workshops and some sit and sew sessions. We have a collection of "how to" notes and patterns for beginners to help start their quilting journey.

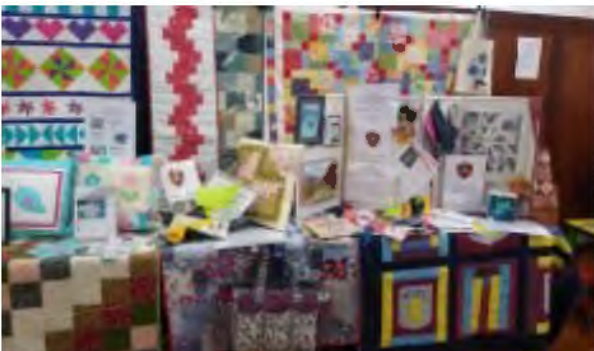
HOW MUCH WILL IT COST? Members pay an annual subscription of £20, due in September (or £10 from January), plus £4 for each meeting attended. Visitors are welcome and pay £5 per meeting attended.

BENEFITS OF MEMBERSHIP: Firstly, you'll benefit from the skills and expertise of fellow quilters as well as a reduced attendance fee. We have an extensive library for the use of members, for a small borrowing fee.



WANT TO KNOW MORE? You can contact me, Carol Morden, Chair on 0121 352 1485/ cmorden42@gmail.com, I'm always pleased to talk to people who are interested in the art of patchwork and quilting. You can also find out about us on Facebook - Sutton Coldfield Trinity Quilters.

WE LOOK FORWARD TO SEEING YOU SOON!



Groups are back at the Communittea Cafe



Would you like to put on a group for your community?

We have spaces available

For more information call 0121 362 3650

no men.... just pause

Here at Communittea we are looking to start a group for no men... just pause to SHARE, SUPPORT, ASK and UNDERSTAND all things menopause.

You might be feeling overwhelmed? and not yourself? #askaboutyou

MENOPAUSE

Call 0121 362 3650 for more information.



COMMUNITTEA CAFÉ ALLOTMENT TUESDAYS 10 TILL 12

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

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

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



Everyone welcome

Gardening Group

Help us grow fresh produce for the cafe

Sunnybank Road Allotments, Boldmere

Meet our Neighbourhood Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

www.militarychef.co.uk

Unit 10 Market village
65 south parade
Sutton Coldfield
B72 1QU
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Trade@militarychef.co.uk

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EST 2020

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REDOGI
HAND MADE WITH LOVE

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

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 3)

See options 1, 2, 3

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 1

I am waiting on a benefit payment or advance

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

See options 1, 2

Other Support

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

Shelter
Housing advice
0800 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
0800 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@centralelengandlc.org.uk
www.centralelengandlc.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: 0800 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@ham@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



Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advice

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1, 2, 3, 4

BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money
0121 250 0785
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.cabinet.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@centralelengandlc.org.uk
www.centralelengandlc.org.uk

Help with options: 3

DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people
03000 402 040 | dro@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 326 0006
www.capu.org

Help with options: 3

Other Support

Stop Loans 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 0470 | 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

WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home
0800 196 8298 (option 1)
www.warmerhomesWWM.org.uk

Help with options: 1, 2, 4, 5

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All your oldtime favourites



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Sutton Coldfield Town Hall
1.00pm until 3.30pm
£3.00 entry Raffle £1.00
Refreshments available



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

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

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

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

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

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

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



Are You A Carer? Do you need support and advice?

Do you provide unpaid care to a friend, neighbour, or family member who couldn't manage alone?

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

If you need advice in your caring role, please call us on:
Information and Advice Line – **0333 006 9711** (low call rate)
Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm
Saturday: 10am – 12.30pm
Email us at info@birminghamcarershub.org.uk
Visit our website at <https://forwardcarers.org.uk/>
Birmingham Carers Hub Specialist Dementia Service

The Birmingham Carers Hub team have all received enhanced dementia training and we have launched a new service offering support to carers of people with dementia. We have also appointed a small team of Specialist Dementia Carer Advisors.

We offer a Dementia Specialist person-centred service, supporting Carers who provide care to someone with dementia. Our advisors understand the challenges of caring for people with dementia and are here to guide and support you throughout your caring journey. We are part of a wider partnership of organisations providing other support to dementia carers such as training and groups, find out more on the Forward Carers website: <https://forwardcarers.org.uk/>

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

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Memory Cafes

Do you know someone living with memory loss?

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10am—12noon
Wylde Green URC
Britwell Road
Sutton Coldfield, B73 5SW

Every Monday
"Musical Memories"
2pm - 4pm
Sutton Coldfield Methodist Church
South Parade, B72 1QY

Every Tuesday
10.30am - 12.30pm
All Saints Church Centre
Belwell Lane
Four Oaks, B74 4TR

Join us at one of our memory cafes - a safe place where people living with dementia, along with their family member / friend / carer can meet, make friends, have fun, interact and be stimulated.

All attendees must show proof of both covid vaccinations

Every Thursday
10am - 12noon
Streetly Methodist Church
Thornhill Road
Streetly, B74 3EH

"Friends on Fridays"
10.30am - 12.30pm
Supported by
Sutton Coldfield Methodist Church,
South Parade, B72 1QY

To book your place at any of our cafes or for further information please contact Sue
07422 406168
sue.bevington@suttoncoldfield.homeinstead.co.uk

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

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

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

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

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

Healthy Start



Birmingham City Council

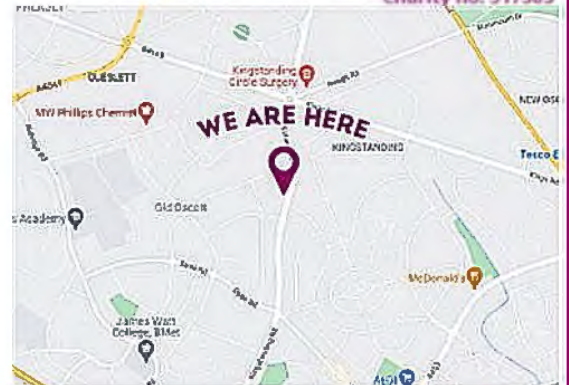
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FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
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- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk
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10.00am - 2:30pm

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Tuesday & Wednesday

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Mere Green
Community Centre

Kids 6.00pm
Adults 7.00pm—8.30pm

All Saints' Church Hall
Walsall WS1 2ND

Kids: 6.00pm—7.00pm

Sutton Girls' School
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Adults: 7.00pm—8.30pm

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Pregnancy YogaLates Class



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All ages and abilities are encouraged and welcome.
Lots of us will be walking.
Do as little or as much as you want. There is no need to walk the whole 5k.

When: The last Saturday of every month. 9.00am parkrun start.
See below for meeting point and time.

Where: Walsall Arboretum Visitor Centre steps (meet at 8.45am)

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

Get in touch and let us know you will be coming.
 5k your way: move against cancer | @cancer5kYourWay
 info@5kyourway.org | www.5kyourway.org | @5kyourway

Don't forget to register with us here:
www.5kyourway.org/register
 And register with parkrun to get your barcode



Sutton Park Surgery

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See front page



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LoveWorld Sutton Coldfield: Banners Gate Community Hall
35 Reay Nadin Drive, Sutton Coldfield B73 6UR
Contact Details: 0755652762
loveworldsuttoncoldfield@gmail.com

Every Sunday 9am - 11am
Every Wednesday 6pm - 7pm
Communion service with Pastor Chris
Every 1st Sunday of the month.

CREATE at the Gate with K & S

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall. There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.

Banners Gate Community Hall Coffee Mornings.
The next is on 21st May!
and will be from 9.30 a.m. to noon - note new times.

Hall's Gardens

Garden Maintenance Services

Gary Hall

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Coppice View Road,
Sutton Coldfield, B73 6UF
07833720015

garyhall7@blueyonder.co.uk



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New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

If you would like to know about our service ring the number above

Or visit our web site www.newhorizonscounselling.org.

The Banners Gate Community Hall is available at various times during the week, including weekends.

The hall is approx. 38' x 21'
(11.6m x 6.4m)

The kitchen is approx. 11' x 7'
(3.4m x 2.2m)

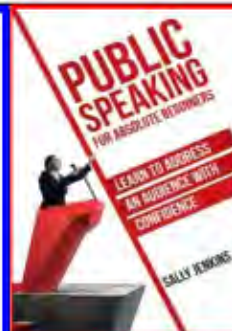
The Jarrett room is approx. 13' x 8'
(4m x 2.5m)

The ladies has 2 cubicles and a nappy changing table. There is a gents/disabled toilet.

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



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sallysjenkins@btinternet.com 0121



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Community Hall,

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Lee.nugent1@virginmedia.com



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Ruth A Ible
 (BA Hons, DipSW)
www.page2pagebookclub.co.uk
info@page2pagebookclub.co.uk
 07818 401 440

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Or visit us at our weekly Markets

Sutton Coldfield The Parade
 1st & 3rd Saturday of the Month

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 2nd Saturday of the Month

Tamworth Ankerside
 4th Saturday of the Month

Plus scan here for a full list of additional dates..

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theelementsglass@hotmail.com
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WW

Calebs Rainbows is the dream of Rosemary Ferrell a great grandmother with a passion for making beautiful dolls with a story. "Every doll is different". Rosemary loves all things creative, be it sewing, knitting, drawing, or baking and she has, having been to college, decided to turn her hobby into a business as there is a demand for her products.

Kia Whitcombe
 Logos, mix covers, visualizers, prints

kiawhitcombe.com
[@kiawhitcombe](https://www.instagram.com/kiawhitcombe)
kiawhitcombe@hotmail.com

Prints available now at Bert & Gert's Sutton Coldfield

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

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

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

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



[welcome](#)

[what's on](#)

[hire our hall](#)

[view our hall](#)

[committee](#)

[contact](#)

[links](#)



Welcome to Banners Gate Community Hall & Association

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

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

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

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

If you need any information please message on 07964 213 229

Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month

The next is on 21st May - at 9.30 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 11.00 – 2.00 pm 10.00 am 1st Sunday of month 10.00-12 pm 10.30 am (fortnightly) 11.00 am 7.30—8.30pm	Create at Gate with K & S Family Communion Loveworld Church Sunday Gathering Chikara Karate Kai Soul Yoga -1st Sunday	Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall	Kathy Weston Ola Samuel 07565 Nigel Willis 07837 Paul Murphy Cath Hussey	628 6651 354 5873 65 27 62 353 0230 39 57 89
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com				
Mon 6.00—7.00 11am to 12.00pm 1.00—2.00 5.45—6.45 7.30 – 9.00 pm	Self Defence & Fitness Sign Language Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton 07376 Shakila Kosar 07825 Shakila Kosar 07825 Shakila Kosar 07825 Diane Pursall	27 90 15 255042 255042 255042 747 4659
Tues 8.00 - 5.00pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 6.30 - 7.30 & 7.30 - 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 & 12 10.30 - 12.30 7.00 pm	Baby Sensory Guide Dog Training SlimmingWorld	Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
Thurs 10.00—11.00 am 12 - 2.00 6.30 - 9.45 pm (3rd of each month) 7.00 pm	Yoga Home Education W Mids Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Sue Nation	40 39 43 82 63 80 897 900 353 4114
Fri 9.30 - 11.15 4.30-5.30&5.30-6.30 7.00 - 8.00 pm 5.00 - 6.30	The Creation Station Repertoire Dance Studio Sign Language Classes Amalia's Dance Academy	Community Hall Community Hall Community Hall Community Hall	Avne Wilson 07793 Chloe Lloyd 07729 Shakila Kosar 07825 Amalia 07535	54 26 48 47 79 46 25 50 42 60 40 44


BOOKING SECRETARIES:
Community Hall mobile 078165 54 68 21
Banners Gate CC - Nigel Willis 07711 284562
St. Columba's - Alison Jolley st.columbahall@yahoo.com
Scout Hall - A & R Talliss 353 8166

UNIFORMED ORGANISATIONS:
Scouts: Margaret Drummond, 33rd GSL
353 5203 **Girlguiding:** Carol Gardner,
Vesey West District Commissioner 350 7191

Useful telephone numbers
Sutton and Kingstanding
Police: 101
Good Hope: 424 2000
Outpatients: 424 2000
NHS Health helpline:
Call 111 it's 24/7
Citizens Advice
03444 111 444

**BANNERS GATE
COUNSELLING CENTRE**
Accessible and Affordable
Counselling to Adults in the
Community. The Upper Room
St. Michael's House
198 Boldmere Road
Sutton Coldfield
Tel : 0121 354 6544
For information or an
appointment please ring after
10 a.m. daily, except
Wednesday

**Banners Gate
Community hall
Coffee Mornings
The next is on
21st May, starting
at 9.30a.m. until
noon, please note
new times.**


The Townswomen's Guild
Patron HRH The Princess Royal GCVO
Thurs 16th May Dementia Awareness
Thurs. 20th June Life on the Britannia
Our vibrant Guild meets on the 3rd
Thursday of the month, 7.00 - 10.00 in
the Westwood Hall, Banners Gate
Community Church.
Contact Sue Nation on 353 4114

Banners Gate Community Church
Westwood Road. B73 6UH
We currently meet fortnightly on Sunday
mornings from 10.30am for fellowship,
worship, prayer and learning together in an
informal setting, with other gatherings
throughout the week.
To find out more visit our website at
www.bannersgatechurch.com.

**St Columba's
Church**
Coffee Morning
**Every Friday of
the month**
10.00 - Noon
All Welcome

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

33rd Sutton Coldfield Scout Group,
H.Q. Coppice View Road
Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Contact 0121 353 5203
Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice....has done so for 100 years....be part of the next 100
Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure
girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.
There are also places available in both Brownie units in September for girls aged 7 or 8.
For more information contact Carol Gardner on 350 7191.

Day/Time	Activity	Venue	Contact	Tel
Mon 6.00 - 7.30pm	39th Brownies	St Columba's Hall		354 5873
Tues 6.00 - 7.30pm	45th Brownies	St Columba's Hall	Carol Gardner	350 7191
Thurs 5.00 - 6.00pm	39th Rainbows	St Columba's Hall		354 5873