

The Gatepost Supplement April 2024



**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.



If you love birds, you are going to love pages 11 to 16. Thank you for sharing them, Mike.

Long Covid Information Day

21st February 2024

Sutton Coldfield United Reformed Church

What we will be covering today

- Introductions
- What is Long Covid?
- What are the Symptoms
- What to do if you think you have Long Covid
- What support is available
- How can you access help
- How can you protect yourself and others
- Feedback form
- Questions



Sutton Coldfield United Reformed Church

- We are a busy church, community café, food bank and hub providing several drop-ins and services, including our Parish Nurse 3 days a week.
- Our vision is to make a positive contribution to our community and increase the resilience and independence of all citizens, particularly those aged 50+. We aim to give opportunities and choices so that people can live healthy, happy and independent lives
- Introduction to Community Hub Manager
- Introduction to Parish Nurse



What is long COVID?



Who gets Long Covid?

- 10-20% of people infected by COVID-19 may go on to develop symptoms that can be diagnosed as Long Covid
- It is believed that more than 17m people across the WHO European region may have experienced it during the first 2 years of the pandemic
- 2m could have it now
- People may not know that they have it



Symptoms

- Over 200 different symptoms have been reported that can impact everyday functioning
- Most common are:
 - Coughing
 - Breathlessness
 - Fatigue
 - Muscle and joint pain
 - Mental health issues like anxiety



How common is it and how long does it last?

- Around 10% of patients who have tested positive for COVID-19 remain unwell beyond three weeks, and a smaller proportion for months.
- Recovery is different for everyone. Symptoms may persist for weeks or months. That's why it's very important to find the right treatment and support.



Why are some people affected and not others?

Factors could include:

- If you have a weak antibody response, the virus can remain in the blood
- If you become re-infected with COVID-19
- If you have inflammatory and other immune reactions
- If you are weak or 'deconditioned' following your infection
- If you have some mental health conditions like post-traumatic stress

But we don't know for sure.



Support for COVID-19 and Post-COVID Syndrome

- As you find yourself recovering from COVID-19 you may still be coming to terms with the impact the virus has had on both your body and mind.
- These changes should get better over time, some may take longer than others, but there are things you can do to help.
- [Your COVID Recovery](https://www.yourcovidrecovery.nhs.uk/) helps you to understand what has happened and what you might expect as part of your recovery.

<https://www.yourcovidrecovery.nhs.uk/>



What treatment is available?

Depending on your symptoms, there are different treatments which can support your recovery, these include:

- Respiratory (breathing) clinics
- Physical therapy
- Speech and language therapy
- Mental health support
- Wellbeing support



Services in Birmingham and Solihull

There are lots of services you can access yourself or through your GP:

- [Depression and Anxiety](#)
- [Ptsd](#)
- [Bereavement](#)
- [Debt Advice](#)
- [Unemployment](#)
- [Relationship Issues](#)
- [Housing Issues](#)
- [Healthy Eating / Obesity](#)
- [Exercise](#)

The 'Depression and Anxiety' link takes you to all the services.

More info on all of these can be found at: postcovidsyndromesol.nhs.uk



What is the Post Covid Syndrome (PCS) Service

- The Service started in Jan 2021 and was one of the first Post Covid Assessment Services established in England.
- BCHC is the lead provider – to manage Post Covid GP referrals
- They support patients aged 16yrs onwards (Birmingham Women & Children's support CYP up to 16yrs old).
- The Service provides patients with a physical, cognitive and psychological assessment.
- Funding from August 21 enabled the development of rehabilitation service to further support patient's recovery.
- They work in collaboration with other Services to support a system-wide approach to support patient treatment.



What to do if you think you have Long Covid

Talk to your GP practice

- Your GP can help connect you with the right kind of support depending on your symptoms. That could include physical therapy, respiratory clinics, or mental health support.
- If you were admitted to hospital due to your COVID-19 diagnosis, you may already be receiving follow up support from the hospital team. If not, please contact your GP surgery. They will help you to access the right support.

How you can help yourself

- There is a lot you can do to support your own recovery from COVID-19. Visit the 'Your COVID recovery' website for more details



Protecting Yourself and Others from Long Covid

- Protect yourself and others from Covid-19 infection in the first place

How?

- Take up offers of Covid-19 Vaccines/boosters
- Wear well-fitted masks
- Clean hands regularly
- Catch coughs and sneezes
- Ensure indoor spaces are well ventilated



There were four videos shown during the session on:

- Common Long Covid Symptoms.
- Impact of Long Covid on your life.
- Impact of Long Covid on day-to-day life.
- Pacing.

Unfortunately, we do not have the means to easily send the videos to you.

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

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

Grace Cares is a not-for-profit organisation

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

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

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

One of the ways we support our local community of Lichfield is by holding monthly tea



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



Nothing makes children happier than having someone to play with.
Children learn so much through play, we are helping their minds grow and develop when we take the time to play with them.



Sutton Coldfield District Children's Centre

Activity Calendar from
8th April - 24th May 2024



Birmingham Community Healthcare **NHS**
NHS Foundation Trust



April – June 2024

Monday

FREE
BABY MASSAGE
Please call to register your interest



EEE advice

Are you aware you could be eligible for free 15 hours for 2, 3 and 4 year olds?

For more information call your local Children's Centre

Tuesday

11.00am-12.30pm
Play and Learn under 2's –Healthy Lifestyles
Holy Trinity Parish Church Centre

Please note that for any allergies or intolerances we would need you to contact the children's centre before the session

9.20-10.00am

10.20-11.00am

Story and Singing sessions

Boldmere Library

1.30-2.30pm

First Words Together

1-2 years

Holland House

Wednesday

9.45 - 11.15 am
Play and Learn 0-5's
Healthy Lifestyles
Emmanuel Church

Please note that for any allergies or intolerances we would need you to contact the children's centre before the session

9.20-10.00am

10.20-11.00am

Story and Singing sessions

Walmley Library



Thursday

Check out the Startwell website for information on healthy eating and the importance of physical movement

www.startwellbirmingham.co.uk



Pick these up from any children's centre.



Friday

9.20-10.00am
10.20-11.00am
Story and singing sessions
Mere Green Library

9.45 - 11.15am
Step by Step
Play and Learn 0-5's
In conjunction with DLP North Cluster
Falcon Lodge Community Hub



Bookable Services

Baby Massage

We offer a free 4 week programme for parents and babies up to 1 year old, to support with bonding and attachment.

Preparing to Parenthood

Free course for expectant people
Holland House

Little Talkers

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



Stepping Stones

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

This will take place at

Holland House

Thursday 1.30-2.30pm

KID's Family Group

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

Thursday
9.30-11.30am

Holland House

Family Support

Need some advice or support?
Ring your local Children's Centre to ask to speak to one of our Family Support Workers

Parenting

We offer a range of parenting courses to include techniques and strategies to support you and your child/ren. Call your local Children's Centre for more advice or to refer yourself.

Other Services

Health Activities

We can support you with:
Introduction to solid food.
Oral health.
Bottle to cup transition,
fussy eating and healthy eating/ nutrition.
Contact us



First Words Together

We offer a programme that supports children's communication before the age of two.

The programme will run:

Tuesday

1.30-2.30pm

Holland House

Adult Education and Employment Support

We offer a range of courses to support you such as:
NHS Discovery Days
First Aid
Childcare and Working in Schools
Arts and Crafts
IT
ESOL

We also offer support with CV writing, applications and interview techniques
For more information contact us and ask to speak to Natalie C

Domestic Abuse

We offer advice and courses. Call or come in to any Children's Centre to find out more

Addresses and Other Information

Holland House Children's Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

Open 8.30am - 4.30pm

Parking on Duke Street - 2 hours without pay and display.

Holy Trinity Parish Church

Church Hill, Mill Street, B72 1TE

Car park spaces available

Falcon Lodge Community Hub

Church Hill Road, B75 7LB

On street parking available

Emmanuel Church

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

Parking available on car park opposite.

Waimley Library

Waimley Road, Waimley, Birmingham.
Sutton Coldfield, B76 1NP

Car park available at the rear of building.

Mere Green Library

30A Mere Green Road, B75 5TB

On street parking available

Boldmere Library

119 Boldmere Road, Birmingham,
B73 5TU



Instagram



Like us on Instagram and Facebook

Our page's are called
Sutton Coldfield Children's Centres

Health Visitor Hub

If you would like to speak to a Health
Visitor please call them on
0121 683 2330

PLEASE NOTE

To book onto any of the available services call your local Children's Centre on the numbers provided on this page.

When calling it would be helpful to have your child's NHS number available. This can be found in your child's red book, alternatively use the below link to find this

www.nhs.uk/find-nhs-number

We look forward to meeting you.













Supporting Dad after his dementia diagnosis as a person with a learning disability

Supporting carers who have a learning disability

When we see someone who has a learning disability we often assume that they would be cared for, and not that they have caring responsibilities themselves.



We estimate that there could be many people in Birmingham who have a learning disability and are also carers.

For example, this could be someone who has a learning disability and is living with family.

When a parent gets a diagnosis like dementia, the person with a learning disability can often face barriers to accessing support as a carer.

This could also be someone who is living a shared house with other people who have learning disability.

When another resident is diagnosed with something like dementia, others can become informal carers.

The current lack of awareness and accessible support leaves both the carer who has a learning disability and the person they care more vulnerable.

It can lead to significant and unwanted changes in all their lives.

Adam, in north Birmingham, cares for his father Bob. Adam has a learning disability and is using his voice to call for more support for carers like him.



You can read more about Adam and how he cares for his dad.

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together/supporting-dad-after-dementia-diagnosis-learning-disability>

If you or someone you know is caring and has a learning disability the Alzheimer's Society are here to support you.

Please contact:

BirminghamAndSolihull@alzheimers.org.uk

0333 150 3456 (asking for the Birmingham and Solihull team.)



Easy Read factsheet: What is dementia?

https://www.alzheimers.org.uk/sites/default/files/2020-03/what_is_dementia_er1.pdf

Easy Read factsheet: Helping a person with dementia

https://www.alzheimers.org.uk/sites/default/files/2020-03/helping_a_person_with_dementia_er2.pdf

Free to order here:

<https://www.alzheimers.org.uk/get-support/publications-factsheets/full-list>



Support group for carers with a learning disability

The peer support group is for anyone who is caring and has a learning disability and autism.

Someone can have their statutory carers assessment there, along with peer support.

Other services also come to the group and connect people with the support.

People don't need to have a formal diagnosis of learning disability.

Contact CASBA to join the group or make a referral.

<https://www.casba.org.uk/our-services/supporting-carers-with-learning-disabilities>

0121 475 0777

Support for a Statutory Carers Assessment and Advocacy



All carers are entitled to a carer act advocate to support them to complete a carers assessment.

It would be necessary to specifically request a carer act advocate when making the referral.

You can contact Advocacy Matters directly explaining that it is support for carer with a learning disability.

<https://advocacymatters.org.uk>



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

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on 0300 330 7010

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



Follow us on Facebook and Twitter
@NHSHealthyStart

The alipay prepaid card is issued by alipay Ltd pursuant to license by Mastercard International Incorporated. alipay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.



NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

How to apply



Visit
www.healthystart.nhs.uk



Fill in the online application form



Receive your prepaid card in the post



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



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



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

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



If you need help call **0333 150 3456**

Email us at enquires@alzheimers.org.uk

Or visit [alzheimers.org.uk/get-support](https://www.alzheimers.org.uk/get-support)

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

Or visit [alzheimers.org.uk/get-support](https://www.alzheimers.org.uk/get-support)

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.





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/>

WELCOME TO OUR

April Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



THANK YOU!

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

This month Networkers Manjit, Joe and Suzy say 'hello' from Sutton Coldfield United Reformed Church where they've been planning our upcoming Volunteer Fair. It's been a busy few weeks with a successful grants panel giving the green light to six new projects! Our free training sessions have also been useful with community groups and organisations discovering more about bid writing and tips on improving online presence! There will be more training in the pipeline so please keep your eyes peeled...

If you have any relevant 'Spread the Word' snippets for our May newsletter, or would like to share an NNS 'Story of Difference' please get in touch at nns@ageconcernbirmingham.org.uk

SUTTON COLDFIELD NNS TEAM NEWS

Welcome to the team Joy!

Last month we were all very excited to welcome Joy to the NNS team!

"Hi I'm Joy and have recently joined the team in Sutton Coldfield as a Neighbourhood Networker. I have worked for Birmingham City Council and Third Sector Organisations, working with a variety of groups - from birth to post retirement over a great number of years. I am looking forward to getting out and about meeting the organisations that deliver services and activities to the local community."



SPREAD THE WORD

Our Choir
Sing-along event

SUTTON COLDFIELD NNS FUNDED
Sing-along event



Our Choir and
No Direction

Join us and singalong with favourites from the 1960's
Saturday 27th April - 7.30pm
at Four Oaks Methodist Church, 155 Lichfield Road,
Sutton Coldfield B74 2UU

Tickets £10 including light refreshments (under 12's free)
For tickets email: fouroakschurch@outlook.com
or telephone 0121 308 7425

Proceeds in aid of Birmingham Children's Hospital

Our Choir, a fantastic community choir whom we have funded over the last few months are inviting you to join them for a singalong with favourites from the 1960's. Tickets are £10 and the event is on Sat. 27th April 24, from 7.30pm. Please email fouroakschurch@outlook.com for further information.

The Oddfellows
Cuppa and Chat - Mere Green



Cuppa and Chat
in Mere Green

Come
and join us

Third Tuesday of the month
11.15am to 12.45pm

Looking to meet friendly people in
your area, then why not join us
for a cuppa and chat!

Pop along to The Old School House,
and enjoy a complimentary drink
on your first visit.

*The Old School House
Mere Green Road
Mere Green
Sutton Coldfield
B75 5BL*

For further information
contact Joanne 07542 802430
or Liz 0121 707 5626 or email
birmingham@oddfellows.co.uk



www.oddfellows.co.uk

Cuppa and chat in Mere Green, third Tuesday of every month at The Old School House, 11.15am-12.45pm. For further information contact Joanne 07542 802430 or Liz 0121 707 5626

CAPACITY BUILDING

FREE online 'Developing a Fundraising Strategy' course

Sutton Coldfield NNS have commissioned Get Grants to provide a free two part online 'Developing a Fundraising Strategy' course on **Tuesday 7th AND 14th May 24**. The Get Grants course will support you to make the most of opportunities available to you and equip you with the knowledge and confidence you need to make the right strategic decisions to maximise your fundraising efforts. To discover more please refer to the document attached.

To book please email us at nns@ageconcernbirmingham.org.uk

SPREAD THE WORD

Enjoy the magic of blossom
in Sutton Coldfield

Boost your brain
to beat dementia!



Come and enjoy the magic of blossom in Sutton Coldfield

Sunday 14 April 2024
1:30 - 4:30 at
Holy Trinity Parish Church, B72 1TF
(Entrance up Church Hill, off Mill Street)

Free of charge
No need to book

No11 Arts and Sutton Arts Forum
in association with the National Trust



AmbaCare Solutions
FREE course for anyone
living or working in Birmingham

'Boost your brain to beat dementia!'
(Building Brain Resilience)

2 to 4.30 pm on 1 May 2024 On-line via Zoom

Have you ever wondered if there's anything you can do to reduce your risk of getting dementia or do you just think it's an inevitable part of getting older? If your answer is yes then come and join us for an interactive workshop where you will learn about -

- the 5 most important things you need to know about dementia
- the 12 things that increase your risk of dementia
- what you can do to 'boost your brain to beat dementia'

Book your place -
[Link to register for training on 1 May 2024](#)

use the QR code to register → 

For further information call
Ruth Chauhan Director of Health & Wellbeing & Dementia Services
m. 07974 727225 or email ruth@amba-uk.org

Enjoy the magic of blossom in Sutton Coldfield, Sunday 14th April 2024, 1.30-4.30pm, Holy Trinity Parish Church. Free. They'll be arts & crafts, music and poetry as well as light refreshments and wild flower seeds to take away.

FREE online course for anyone living or working in Birmingham, 'Boost your brain to beat dementia' **2-4pm, 1st May 2024**. For further information please call 07974 727223



Looking for volunteer opportunities?
Pop in and visit the free...

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

VOLUNTEER FAIR

Your time and skills are needed!
Come along and meet Sutton Coldfield voluntary groups and organisations. Discover the wealth of volunteer opportunities for over 18's in your area!

WEDNESDAY 17TH APRIL 2024, 10AM-1PM

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



Sutton Coldfield NNS
Volunteer Fair

Are you looking for volunteer opportunities? Pop in and visit the FREE **Sutton Coldfield NNS Volunteer Fair, Wednesday 17th April 2024, 10am-1pm**, happening at Sutton Coldfield United Reformed Church.

Come along and meet Sutton Coldfield voluntary groups and organisations. Discover the wealth of volunteer opportunities for over 18's in your area!

Please help us to spread the word! We have attached the poster and social media graphic if you would like to share.

FUNDING NEWS

Celebrating a busy March Grants Panel meeting...

Sutton Coldfield NNS had a very busy grants panel meeting last month! We are very pleased to announce the following community groups and organisations were successful with their funding applications for the following projects...

Birmingham Community Healthcare NHS Foundation Trust Charity
BCHC, in collaboration with the Cottage Hospital, are producing and distributing a seasonal wellbeing pack. After great success during the biting cold of last winter, a summer-specific version will be cascaded throughout Sutton Coldfield in the coming months.

Birmingham Carers Hub

The incredibly powerful Dementia Bus experience is returning to Sutton Coldfield. The experts at Birmingham Carers Hub's Dementia Team welcome you aboard the bus to find out more about Dementia and the experiences of those living with it. Get in touch with Birmingham Carers Hub via dementiacarers@birminghamcarershub.org.uk to find out more.

Yearn2Be 'Talking Stories'

Yearn2Be are delivering their well-loved 'Talking Stories' from Mere Green Library. The project is aimed at older residents and centres around storytelling and sharing life experiences. Sessions are packed with fun games and activities, insightful advice and opportunities aplenty to connect and make lasting friendships. To find out more then get in touch with yearn2be@gmail.com via email.

Versus Arthritis

After a successful pilot in Sutton Coldfield, Versus Arthritis are delighted to announce the expansion of their accessible low impact activities and information sessions for people living with Arthritis. Local residents are encouraged to share their experiences over a cup of tea, find out top tips and take part in low impact physical activities, including their popular aquatic aerobics. To find out more please email physicalactivityva@versusarthritis.org

Midland Mencap ParkRide

Midland Mencap's flagship project ParkRide will once again delight the Sutton Coldfield public this summer. The accessible cycling project allows adults with disabilities and their support networks to take part in an exciting, meaningful activity in an open, green space as they learn new skills, keep active and make new friends! To find out more please email parkride@midlandmencap.org.uk

MS Society

Our final successful application in March came from the MS Society. Local Sutton Coldfield residents who are living with Multiple Sclerosis can enjoy reflexology sessions, as well as advice and support at their Clifton Road base. To find out more then contact Lyndsay.Smith@mssociety.org.uk via email.

Sutton Coldfield NNS Story of Difference



Last year Salus Fatigue Foundation won NNS funding to implement a twelve month project based in Sutton Coldfield, raising awareness surrounding fatigue management. We were pleased to discover how it all went. Salus Fatigue offered online awareness raising and educational events, including two long covid events and an end of project celebration.

Volunteering had a key role within the project, with ten volunteer peer support workers offering peer support to encourage participants to engage within the safe space of the group setting. A new activity was developed providing regular walks within Sutton Park to get individuals to move more and learn new strategies to support their health in managing Chronic Fatigue and Long Covid.

"I am 39 years old always had good health and enjoyed my life with a fulfilling career. I started to have chronic pain throughout my body and always felt so tired to the point I had to eventually had to leave work. My life started to crumble around me where I felt totally isolated and alone. My GP carried out many tests with no answers to my multiple symptoms that I was now experiencing. It was only when I was referred to an immunologist where Chronic Fatigue was diagnosed but still no intervention or support. I felt depressed as my life had changed so much and now confined to my home of being my safe place.

My life became very difficult and for my family too as I was unable to enjoy family time and carry out basic daily tasks. I was in a very dark place for a long time until a close friend had heard about a charity called Salus Fatigue Foundation who offer support and guidance for managing Fatigue. I made contact and I felt like a whole weight had lifted off my shoulders as they understood me completely. I had hope and felt supported to make the right changes to start improving my health as I had connected to an organisation who connected to me.

I first met Salus in person at one of the walking support groups where I was made very welcome and felt safe meeting lots of people experiencing the same challenges. I was encouraged to walk through nature whilst talking about how important it is to move our body to encourage joint and muscle mobility. I now walk regularly with my family and friends and always look forward to meeting the group regularly. I feel more positive about my future and feel inspired about increasing my movement by joining a few of Salus online restorative yoga sessions."

SPREAD THE WORD

Dementia Carers Support Group

Get help with you community group drop-in session



Support Group
SUTTON COLDFIELD



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

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



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

dementiacarershub@ageukbirmingham.org.uk
www.birminghamcarershub.org.uk

Falcon Lodge Community Hub, Church Hill Rd, B75 7LB
0121 437 0033

Are you a carer supporting someone with dementia? Did you know Dementia Carers Hub run a support group at **Falcon Lodge Community Hub**, Church Hill Rd, B75 7LB, every **Wed. 1-3pm**. Please call 0121 437 0033 for further information.

Get help with your community group drop-in session

11:00am - 13:00pm
Tuesday 14th May 2024
Communitea Cafe, 78
Boldmere Rd, Boldmere,
Birmingham, Sutton Coldfield
B73 5TJ

Birmingham Community Matters (BCM) supports people with setting up and running small community groups and projects

Come and chat to us about:

- Starting a project
- Group structures
- Recruiting volunteers
- Finding funding
- Telling more people about what you do
- And much more!

For more information or to book a place speak to your Sutton Coldfield NNS Neighbourhood Networker

www.birminghamcommunitymatters.org.uk



Birmingham Community Matters is a charity registered in England and Wales (1179442).

Birmingham Community Matters are running a useful drop-in session for community groups in need of support on topics such as starting a project, funding, volunteers and promotion. Pop in and have a chat, **11am-1pm Tues. 14th May 24, Communitea Cafe, Boldmere.**

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

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

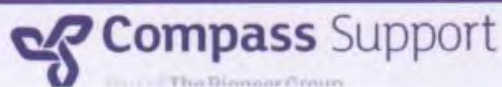
To find out more about the Sutton Coldfield NNS you can visit

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

0121 362 3650

nns@ageconcernbirmingham.org.uk

[Sutton Coldfield NNS](#)



 <p>THE ULTIMATE COMMITMENTS & Blues Brothers EXPERIENCE</p>	 <p>JOE PASQUALE LIVE IN CONCERT FRI MAY 3RD SUTTON COLDFIELD TOWN HALL GAVIN WEBSTER BARBARA NICE WAYNE REESE (MC)</p>	 <p>ANYTHING GOES 6th-11th May 2024, Sutton Coldfield Town Hall</p>	 <p><i>A Country Night in NASHVILLE</i> STARRING DOMINIC HALLPIN & THE HURRICANES</p>
<p>SUNDAY 28 APRIL 2024</p>	<p>FRIDAY 3RD MAY 2024</p>	<p>Wed. 8th to Sat. 11th May</p>	<p>FRIDAY 17 MAY 2024</p>
 <p>CONNECTION COURTS CONFERENCE</p>	 <p>BLUES PRESENTS THE LAST DAYS OF DISCO LIVE IN CONCERT THE MUSIC OF EARTH WIND & FIRE SHALAMAR POINTED SISTERS LIQUID BOLD THE JET SETS STEPHANIE MILLS IRENE CARA STACY LATTISHAW CHIC GLORIA GAYNOR LIPPS INC SHARON EC AND THE SUNSHINE BAND KOOL & THE GANG AND MANY MANY MORE.</p>	 <p>A GREAT BRITISH & PATRIOTIC SHOW! The D-DAY Darlings THE BRITISH MEMORIALS LIVE IN CONCERT D-DAY 80th ANNIVERSARY TOUR 2024 BRITAIN'S GOT TALENT FINALISTS 2018</p>	 <p>SUPERSTAR WRESTLING</p>
<p>THURSDAY 23 MAY 2024</p>	<p>FRIDAY 24 MAY 2024</p>	<p>SATURDAY 25 MAY 2024</p>	<p>TUESDAY 28 MAY 2024</p>
 <p>NOSTALGIC Be in us for a musical walk down memory lane All your oldtime favourites</p>	 <p>SHREK THE MUSICAL noda</p>	 <p>The Rolling Clones</p>	 <p>CALAMITY JANE 25-29 JUNE 2024 TICKETSOURCE.CO.UK/TMCS</p>
<p>THURSDAY 30 MAY 2024</p>	<p>Tues 4th - Sat 8th June</p>	<p>FRIDAY 21ST JUNE 2024</p>	<p>TUESDAY 25TH - SAT</p>



If you live in England, you can use this service to find a walk-in coronavirus (COVID-19) vaccination site. You can get a dose of the COVID-19 vaccine from a walk-in site without an appointment. You do not need to be registered with a GP.

NATIONAL BLOOD DONATION

Returns on 11 & 19 May, 15 June, 25 & 26 July, 31 August 2022.

Appointment only. Tel. 0300 123 2323

Appointments only:



SUPPORT US

On the 3rd April 2019, Royal Sutton Coldfield Town Hall was transferred back to the people of Sutton Coldfield and gave management of the building to Royal Sutton Coldfield Community Town Hall Trust. Now a fully-fledged charity-run venue, with your support we can continue to transform and build Royal Sutton Coldfield Town Hall back to its former glory...



THE LATE MARILYN MONROE

25 APRIL – 4 MAY 2024

On August 5th 1962 the world awoke to the news that Marilyn Monroe, the biggest movie star of that time, had died at the age of just 36. But what really happened? And what was she like behind closed doors? Questions we'll probably never really know the answer to. But what if we could get close?

Drug addiction, depression, psychological issues, sexual exploitation... Issues as prominent today as they were over 50 years ago.

This is not a biographical piece. It's merely one day of a person's life. Their final day. Marilyn as you've never seen her before.

Please note: This production contains occasional strong language and some adult themes. Suggested Age rating: 12+

Written by Darren Haywood
Directed by Dexter Whitehead

 **SUTTON ARTS THEATRE**

BONNIE & CLYDE

20 - 29 JUNE 2024

When Bonnie and Clyde meet, their mutual cravings for excitement and fame immediately set them on a mission to chase their dreams. Their bold and reckless behaviour turns the young lovers' exciting adventure into a downward spiral, putting themselves and their loved ones in trouble with the law. Forced to stay on the run, the lovers resort to robbery and murder to survive. As the infamous duo's fame grows bigger, their inevitable end draws nearer.

Bonnie & Clyde is a thrilling and sexy musical combining blues, gospel and rockabilly music. Get the hottest ticket in town to Sutton Coldfield's "Most wanted" musical!

Please note: This production contains mild themes of a sexual nature and mild violence. Suggested Age rating: 12+

Directed by Emily Armstrong & Dexter Whitehead



2023-2024

DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF

15 VOLUNTEERS PER NIGHT... AND THAT DOESN'T INCLUDE THE ACTORS!

Acting, Directing, Musical Theatre, Backstage, Stage Management, Props, Set Building, Maintenance, Bar, Box Office, Coffee/Programme Selling, Sweets, Costume & Dressmaking, Front of House, Fundraising, Publicity, Lighting, Sound

IF YOU ARE A MEMBER AND ARE INTERESTED IN HELPING US WITH ANY OF THE ABOVE PLEASE LET US KNOW.

ALEXANDRA THEATRE BIRMINGHAM

28 Apr



Seven Drunken Nights - The Dubliners

Starts 29 Apr 2024



Revision on Tour: Macbeth

01 May



Revision On Tour: Dr Jekyll & Mr Hyde

02 May



Revision on Tour: Romeo & Juliet

03 May



Dreamboys

08 May



The Illegal Eagles

09 May



The Elvis Tribute Artist World Tour

16 May



Simon Brodtkin: Screwed Up

Starts 18 May 2024



Frank Skinner: 30 Years of Dirt

21 May



Go Your Own Way - Fleetwood Mac Legacy

22 May



Northern Live - Do I Love You

Starts 23 May 2024



Johannes Radebe: House of JoJo

25 May



Count Arthur Strong - ...And It's Good-night From Him

26 May



Julian Clary - A Fistful of Clary

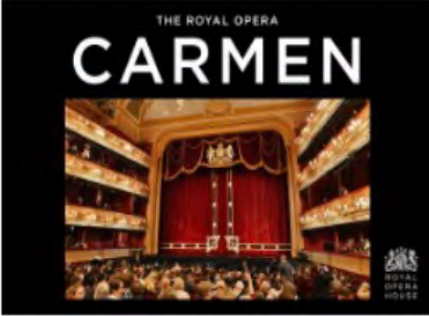
Starts 27 May 2024



Mind Mangler: Member of the Tragic Circle



That'll Be The Day
Main Auditorium, Tuesday 30th April & Wednesday 1st May 2024 - 7.30pm



Royal Opera: Carmen (Live Recording)
Studio, Sunday 5th May 2024 - 2pm



A Bunch of Amateurs - Lichfield Player...
Studio, Wednesday 1st - Saturday 4th May 2024



80s Live
Main Auditorium, Thursday 2nd May 2024 - 7.30pm



A Vision of Elvis
Main Auditorium, Friday 3rd & Saturday 4th May 2024 - 7.30pm



Oklahoma! (Presented by Brownhills Mus...
Main Auditorium, Tuesday 7th - Saturday 11th May 2024 - 2.30pm (Sat) & 7.30pm (all)



NTLive - Nye (Live Recording)
Studio, Thursday 9th May 2024 - 7pm



Macbeth: Ralph Fiennes & Indra Varma...
Studio, Friday 10th May 2024 - 7pm, Saturday 11th May 2024 - 4pm



The City of Lichfield Concert Band pre...
Main Auditorium, Sunday 12th May 2024 - 2.30pm



The Greatest Magician
Main Auditorium, Monday 13th May 2024 - 7.30pm



SSC Performance - The Tempest
Main Auditorium, Wednesday 15th & Thursday 16th May 2024 - 2.30pm (Thu) & 7.30pm (all)



Miles Jupp: On I Bang
Main Auditorium, Friday 17th May 2024 - 7.30pm



Jo Caulfield - Here Comes Trouble!
Studio, Friday 17th May 2024 - 7.45pm



P*ssed Up Panto - Jack & The Beanstalk...
Main Auditorium, Saturday 18th May 2024 - 7.30pm



Ezio
Studio, Saturday 18th May 2024 - 7.45pm



Kinky Boots - Sutton Coldfield Musical...
Main Auditorium, Tuesday 21st - Saturday 25 May 2024



Royal Ballet: The Winter's Tale (Live...
Studio, Wednesday 22nd May 2024 - 7.15pm



Jordan Adams: One Night Only
Studio, Friday 24th May 2024 - 7.45pm



The Olive Boy
Studio, Saturday 25th May 2024 - 7.45pm



The Tiger Who Came To Tea
Main Auditorium, Tuesday 28th - Thursday 30th May 2024



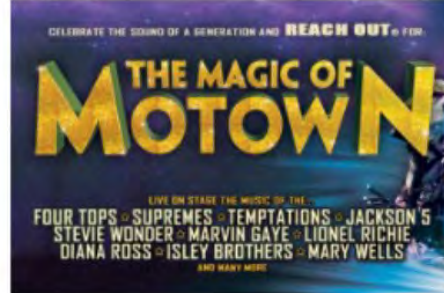
Message In A Bottle (Live Recording)
Studio, Thursday 30th May 2024 - 7.20pm



The Rocket Man - A Tribute to Sir Elto...
Main Auditorium, Friday 31st May 2024 - 7.30pm



Manford's Comedy Club
Main Auditorium, Saturday 2nd March 2024, Saturday 1st June 2024



The Magic of Motown
Main Auditorium, Sunday 2nd June 2024 - 7.30pm

AN ALBUM THAT INSPIRED A REVOLUTION. A REVELATION THAT CHANGED THE WORLD. A REINVENTION FOR THIS MILLENNIUM.

Timothy Shearer (*Crazy for You, Into the Woods*) directs this mesmerizing new production of the iconic global phenomenon, **JESUS CHRIST SUPERSTAR** which comes to Birmingham Hippodrome for one week only. Starring **Ian McIntosh** (*We Will Rock You, Follies, Beautiful: The Carole King Musical*) as Jesus, **Shem Omari James** (*Dreamgirls UK Tour*) as Judas and **Hannah Richardson** (*Sting's The Last Ship*) as Mary. Originally staged by London's Regent's Park Open Air Theatre, this reimagined production won the 2017 Olivier Award for Best Musical Revival, garnering unprecedented reviews and accolades. Choreographed by **Drew McOnie** (*King Kong, Strictly Ballroom*), with music and lyrics by **Andrew Lloyd Webber** and **Tim Rice**, **Jesus Christ Superstar** is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ, as seen through the eyes of Judas. Reflecting the rock roots that defined a generation, the legendary score includes *I Don't Know How to Love Him*, *Gethsemane* and *Superstar*. Don't miss your chance to see this "gorgeous, thrilling, heavenly musical." –The Guardian. **BOOK NOW!**

Jesus Christ Superstar

A reimagined production of Andrew Lloyd Webber and Tim Rice's classic

Mon 22 Apr – Sat 27 Apr



Norwich Theatre & Valid Productions present

Carlos Acosta - On Before

Carlos Acosta's most personal work yet

Mon 6 May – Tue 7 May

Carlos Acosta is the world's favourite dancer and *On Before*, which sees him dance a full-length show again, is a homage to his late mother and the most personal work he has ever created.

On Before embodies Carlos' astonishing dance vision and features collaborations with major UK and international dance makers, Russell Maliphant, Kim Brandstrup, Will Tuckett, Raul Reinoso, Yury Yanowsky, Miguel Altunaga as well as Carlos' own choreography.

In a framework created by Carlos, *On Before* tells the story of a doomed relationship between a man and a woman, set to a diverse musical repertoire ranging from Handel to Cuban contemporary composer Omar Puente and culminating in a moving finale featuring a live choir performing Morten Lauridsen's *O Magnum Mysterium*.

Originally conceived in 2010, Carlos is revisiting this extraordinary show and returning to dance it again for a short regional tour as theatres across the UK re-open their doors again. For 2024 Carlos Acosta will dance alongside Laura Rodriguez, an original member of his own company, Acosta Danza, which he founded in Cuba in 2015.

It's the 1980s. One of the Midlands' first Black Police officers and an acclaimed gospel guitarist faces conflict on the streets, at work and in church. To bring harmony to all this discord he must find the spirit behind the letter of the law.

Inspired by the life of community hero Trevor Prince, *Community Service* is an emotional and uplifting theatre show, full of live music and wit. It is set against a backdrop of Thatcher's Britain, the Handsworth Riots, miners' strikes and casual racism.

Meanwhile, in the Pentecostal Church a schism is being questioned by children who are listening to secular music on the radio and rebelling against the strict rules of their immigrant parents.

Stans Cafe

Community Service

An emotional and uplifting theatre show

Wed 8 May – Sat 11 May



WNO - Così fan tutte

What does love teach you?

Fri 10 May

Welsh National Opera takes you back to school with a brand-new production of **Mozart's** comic opera **Così fan tutte** aka *The School for Lovers* directed by Max Hoehn (*The Consul*). Set in the early 1970s, four sixth formers discover that falling in love can be incredible, awkward, and complicated in this coming-of-age tale.

The students are given a valuable lesson in love, life and liberty when their teacher involves them in a secret experiment. Played out to some of Mozart's most ravishing music, they are challenged to re-think their own identities and relationships with each other as they are confronted with a series of amusing scenarios designed to deceive.

Sung in Italian, with surtitles in English.

In the search for beauty and meaning, the renowned author Gustav von Aschenbach travels to Venice on a whim. In the sultry atmosphere of a cholera epidemic, with the *scirocco* blowing, he falls in love with Tadzio, a youthful aristocrat who is staying in the same hotel with his family. As Aschenbach projects his loneliness and desire on him, fantasy and imagination intermingle with existence. His obsession progresses to a fever pitch as he becomes increasingly divorced from reality.

Inspired by the original Thomas Mann novella, Britten's magnificently atmospheric opera comes to life in this new production from WNO, creating images of ravishing beauty, as well as exploring the grotesque hidden beneath the search for the sublime. As poetic worlds of the imagination collide with reality, the early 20th century acts as a mirror to our times. Sung in English, with English surtitles.

WNO - Death in Venice

Would you pursue love for inspiration?

Sat 11 May



Sister Act The Musical

A must-see show which raises the spirits and warms the soul time after time.

Mon 13 May – Sat 18 May

Brace yourselves sisters – the habit is returning to Birmingham Hippodrome! Don't miss this second chance to see the brand new production of the Broadway and UK award-winning musical **Sister Act** direct from London.

All your prayers have been answered with a stunning cast, including Coronation Street legend **Sue Cleaver** as Mother Superior and West End star **Landi Oshinowo** as Deloris, everyone's favourite nun on the run!

Disco diva Deloris' life takes a surprising turn when she witnesses a murder. Placed under protective custody, she is hidden in the one place she shouldn't be found – a convent! Encouraged to help the struggling choir, she helps her fellow sisters find their true voices as she unexpectedly rediscovers her own. Featuring original music by Tony® and 8-time Oscar® award-winner Alan Menken (Disney's *Aladdin*, *Enchanted*) and songs inspired by Motown, soul and disco, this heavenly musical is joyous and uplifting in equal measures. A musical sent from above, **Sister Act** is the brilliant, must-see show which raises the spirits and warms the soul time after time.

Roshni is an intimate crafting of dance and live music, inspired by the stories and experiences of everyday people. The audience are taken on an emotional journey, through wordless storytelling, percussive dance and warm, humorous and upbeat audience interaction. *Roshni* is deeply moving, wonderfully uplifting and gloriously entertaining. **Sonia Sabri Company** is an associate company of Birmingham Hippodrome.

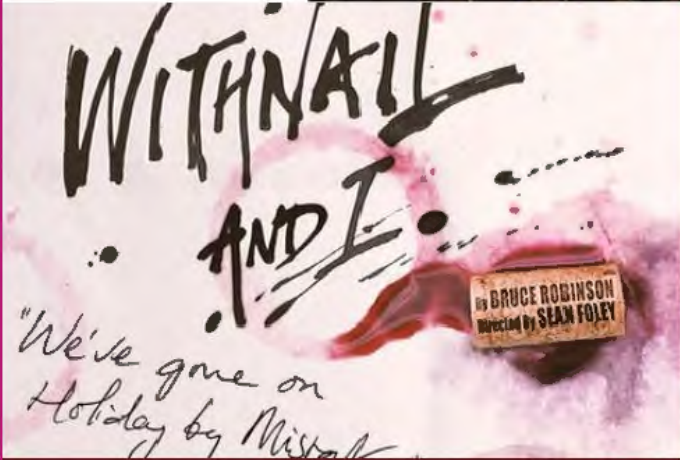
Photos by Simon Richardson

Roshni – Sonia Sabri Company

A beautifully intimate crafting of dance and live music

Thu 16 May





WITHNAIL AND I

Fri 3 May–Sat 25 May 2024

We want the finest wines available to humanity. We want them here and we want them now!" – Withnail

Birmingham Rep presents the premiere of a new stage adaptation by **Bruce Robinson** of the iconic comedy *Withnail and I*.

Regarded as one of the finest British films ever made, this Rep Original comedy is written by its original creator, the legendary **Bruce Robinson**, and directed by The Rep's Artistic Director, double Olivier award-winner, **Sean Foley**.

London, September 1969, the sixties are in full swing, rock 'n' roll has electrified a generation, and bohemianism rules.

But, away from the bright lights two young unemployed actors, the flamboyant, boozy Withnail, and the shy, contemplative Marwood live in utter squalor in a flat in Camden Town, praying for a job.

What happened to my agent? B**tard must have died!" Their only visitor is their drug dealer, Danny; their only expeditions are to the local pubs; and their only friends each other.

Needing a break from the positively atrocious state of their acting careers, they hit upon the idea of a holiday in the country, and borrow the cottage owned by Withnail's wealthy Uncle Monty. Will escaping London reinvigorate their addled brains and kick start their professional fortunes?...

We've gone on holiday – by mistake..." Hilarious, tragic, and wild, *Withnail and I*, is a comedy like no other. This stage adaptation brings to life the classic dialogue, the insane situations, and above all the boozy, irresistibly hilarious relationship of one of the most famous slacker duos ever created.



BECOMING NANCY

Wed 2 Oct–Sat 2 Nov 2024

Adapted from **Terry Ronald**'s best-selling novel – be one of the very first to catch the UK premiere of new musical *Becoming Nancy*!

This eagerly anticipated coming-of-age story is directed and choreographed by two-time Tony Award-winner **Jerry Mitchell**, legendary director of blockbuster musicals including *Legally Blonde*, *Kinky Boots*, *The Devil Wears Prada*, *Hairspray*, *Pretty Woman: The Musical* and many more.

A choreographer and director who seems to have the Midas touch."

The Guardian on Jerry Mitchell

It's 1979 and David Starr is unquestionably one of the smartest, most talented sixth-formers in East Dulwich – he's got a wild imagination, a vocal range to die for, and a bedroom plastered with posters of his beloved pop idols: Blondie, Sting, and Kate Bush. But being smart, talented, with a great taste in music may not be enough to get him through secondary school, where, to his great surprise, he's just been given the female lead in the school play. The unconventional casting sends shockwaves through David's small town, first with David, and then with his parents, his aunt, and his classmates.

Before long, it seems like everybody has an opinion on whether David should go on with the show, inspiring him to turn to his no-nonsense best friend Frances and his unlikely co-star Maxie, the enigmatic captain of the football team.

With smash-hit songs by **George Stiles** and **Anthony Drewe**, *Becoming Nancy* is the feel good, nostalgic, new musical that weaves a story of family and first loves, with the courage it takes to find your own spotlight.

See it first at The Rep this Autumn!

EMMANUEL

THE PARISH CHURCH OF WYLDE GREEN



FRIDAY ORGAN RECITAL SERIES 2023/24

First Friday of the Month at 1.00pm

APRIL 5th

Angela Sones (Lichfield)

Finale from Symphony No 6 Op 42 - Charles Marie Widor (1844-1937)

Fantasia pour Orgue - Camille Saint-Saëns (1835-1921)

Choral No 1 in E Major - César Franck (1822-1890)

Finale from Symphony No 6 - Louis Vierne (1870-1937)

MAY 3rd

Timara Easter (Harpenden)

Montagues & Capulets - Sergei Prokofiev (1891-1953) (*transcribed Timara Easter*)

Trois Morceaux en Forme de Poire - Erik Satie (1866-1925) (*transcribed Timara Easter*)

Corcovado - Darius Milhaud (1892-1974) (*transcribed Timara Easter*)

L'Ascension; 1 - Olivier Messiaen (1908-1992)

Majesté du Christ demandant sa gloire à son Père

Étoile du Soir - Louis Vierne (1870-1937)

Litanies - Jehan Alain (1911-1940)

JUNE 7th

David Hardie (Head of Music Birmingham Cathedral)

Sonata no. 3 in A: Con moto maestoso - Felix Mendelssohn (1809-47)

Passacaglia in D minor BuxWV 161 - Dieterich Buxtehude (1637-1707)

Prelude and Fugue in G BWV 541 - Johann Sebastian Bach (1685-1750)

Suite Modale: Scherzo - Flor Peeters (1903-1986)

Pastorale - César Franck (1822-1890)

Offrande au Saint Sacrement - Olivier Messiaen (1908-1992)

Postlude in D minor - Charles Villiers Stanford (1852-1924)

JULY 5th

Peter Dyke (Hereford Cathedral)

Prelude and Fugue in C BWV 547 - Johann Sebastian Bach (1685-1750)

Choral no 2 in B minor - César Franck (1822-1890)

Allegro vivace (Symphony no 5, 1st movement) - Charles Marie Widor (1844-1937)

Toccata: Nu la oss takke Gud (Now thank we all our God) - Egil Hovland (1924-2013)



*Choral Evensong is sung each Sunday evening
during term-time at 6.30 pm*

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk
www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk
www.ageuksandwell.org.uk



Age UK Birmingham Limited is a registered charity (1138240) and company limited by guarantee. Registered in England and Wales number 7334392. Age UK Sandwell Limited is a registered charity (1080517) and limited company by guarantee, registered in England and Wales number 0393848 and are a subsidiary of Age UK Birmingham. Registered office for both organisations is Age UK Birmingham and Age UK Sandwell, Stratford House, Stratford Place, Birmingham, B12 0HT.

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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

**Are you a carer supporting someone
living with dementia?**

We are here to help.

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033

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

Occupational Therapy Clinics

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

No need to book.

For more information about
clinic venues visit:

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



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

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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

Jordanne Francis
Health and Wellbeing
Officer

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

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

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





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 PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE



LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first



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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

Classes on:

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



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

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

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

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

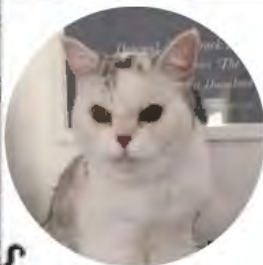
*Anyone considering volunteering for CP can call in to the Cats Protection charity shop on Erdington High Street, meet the team, and express an interest. There are lots of other roles too, like fostering and fund-raising.

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net



Lucy



Polly



Terence



Jo Jo

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

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

**** Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years ****

Annual health checks for those who are diagnosed with dementia

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



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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?

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

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

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

How long does an Annual Health Appointment last?

- 20-30 mins



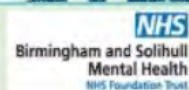
What help might you need?

- Ask for help if you feel that you might be distressed about going to the GP Practice by yourself
- If you find it hard to tell the Health Care Professional how you are feeling or are worried about having 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](#)



Can you help us save more food?

OLIO
The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

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



Add to OLIO

Your neighbours will love your spare food or household items.



Volunteer

Feel great & do good at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

@OLIOex @OLIO_ex

It's okay...

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



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



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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -

NHS

LivingWell
UK

 **mind**
For better mental health.
Birmingham



COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

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

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

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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



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

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

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



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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



**Our regular Monthly Litter
Picks for 2024**

Starting on Sunday 11th Feb at 2pm.

Meet in The Church Tavern Car Park.

B42 2LA

Please wear suitable clothing and foot ware.

All equipment provided

**Everyone is welcome. So come along get out-
side and check out your park**

Weather permitting .

**If Snow / heavy rain falls it will be
cancelled.**


SandNats 2024



For further information please contact:
Membership Secretary

membership@sandnats.org.uk

Website: sandnats.org.uk



Saturday 27th April join SandNats and FOSH for our annual Blue Bell walk in Sot's Hole and Mil6 Millennium Wood.

Take part in the City Nature Challenge.

www.bbcwildlife.org.uk

See what insects, flowers and Birds are around.

**Meet 10am at Sots Hole
Gate, Dagger La B71 4DE**



Perry Park Litter Pick

Sunday 5th May 2024

**Meet 2pm car park corner
CHURCH RD/WALSALL RD
opp Walsall Rd Allotments.**

**Everyone welcome, all equipment
supplied.**

But please do wear sensible footwear.

**Note in inclement weather the event will
be postponed.**

Email friends@perrypark.org.uk

for more info.

<https://www.perrypark.org.uk/>



Trustpilot

pyjama
drama

Teaching life skills through drama and imaginative play



Pyjama Drama
Sutton Coldfield &
South Tamworth

Fun classes that develop life skills in babies & young children

'DEWDROPS' (AGE 6 MONTHS - 2 YEARS)

10:00am - 10:30am

followed by a 30-minute stay & play

'RAINDROPS' & 'RAINBOWS' (AGE 2 - 4 YEARS)

11:00am - 11:40am

**followed by a 20-minute stay & play
and access to soft play**

Get school-ready!

Develop concentration,
cooperation, creativity,
listening skills, and learn
how to make
friends



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

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



Book now!

pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



Prince's Trust

**START
SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049

info@wcg.ac.uk

standeazy

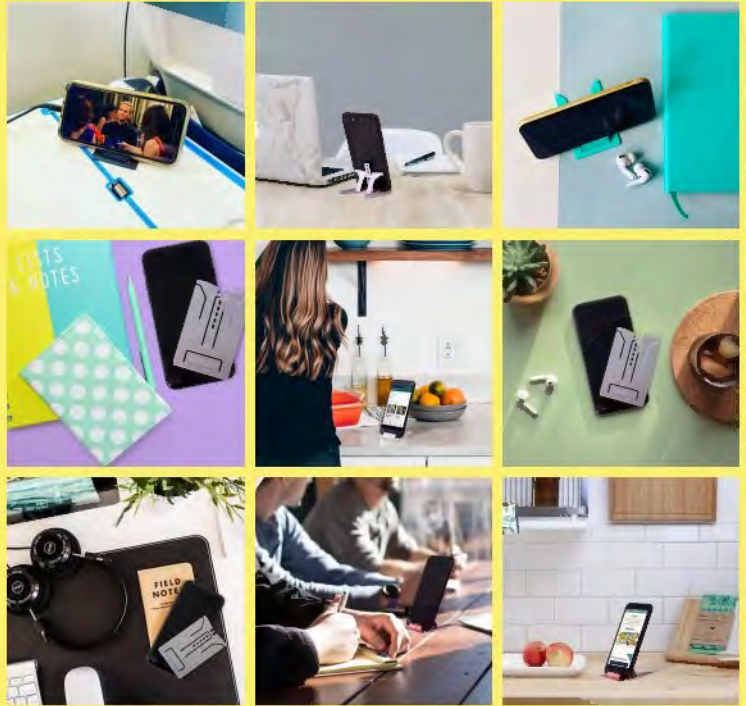
THE STAND FOR LIFE

Travel. Work. Play. Relax.

Hands-free with Standeazy, the clever credit card sized phone stand that folds flat and goes everywhere you go! Two materials. Countless uses.



Made with  in the West Midlands.



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for more info on how
and where to use it

standeazy.com

THE PERFECT STOCKING FILLER!

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



Banners Gate Neighbourhood Forum Meetings

There will be a meeting of the Banners Gate Neighbourhood Forum on the last Thursday of every month, starting in January, so Thursday 28th March at 7.30 p.m. Then May 30th, July 25th, September 26th and November 28th. Hot drinks and biscuits will be provided. Come and tell us of any problems you have with the area and we will try to get them fixed. If you need any more information please call 605 4947 or 07976 550 420

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

If you need any information please message on 07964 213 229