

# Looking for volunteer opportunities?

## Pop in and visit the free...



# 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**



This advertisement appeared in many places, including the blog. The following pages are from the organisations who turned up, looking for volunteers. Maybe you, or someone you know, will find something that interests you. They're in alphabetical order.



AIM  
Qualification  
& Assessment  
Group  
Endorsed  
Training

## ➤ Lend us a hand Volunteer with Acacia

*Acacia Family Support works to improve the lives of mothers and families affected by pre and postnatal depression and anxiety. Acacia is a warm, friendly, Christian faith-based organisation.*

Acacia Family Support has provided excellent community-based services for mothers and families in Birmingham for the past 20 years.

*"I always feel like I'm part of something special, and how my time has made a difference to so many families."*

### Could you support our vital work?




At Acacia, we have many opportunities for you to become a volunteer. We provide **free training** to help you work with our service users.

*"I love working with the team at Acacia, how they care for you and make you feel part of the family."*

### ➤ Roles include supporting with...

- Creche work
- Administration
- Young Parents Service
- Befriending in centres and over the telephone
- Group-work
- Helping Hands at Home
- Hospitality
- Fundraising

Email  
[volunteering@acacia.org.uk](mailto:volunteering@acacia.org.uk)  
or download an  
application pack from  
[acacia.org.uk/  
volunteering](http://acacia.org.uk/volunteering)

5a Coleshill Street, Sutton Coldfield, West Midlands, B72 1SD [acacia.org.uk](http://acacia.org.uk)   

Acacia is a registered charity. Number 1122831 T: 0121 301 5990 E: [teamacacia@acacia.org.uk](mailto:teamacacia@acacia.org.uk)



# Advocacy Matters

VOICE CHOICE INDEPENDENCE

## Advocacy Matters Volunteering Roles

Become an Advocacy Matters Volunteer. Keep reading to find out more about our amazing opportunities.

All Volunteer roles involve in depth training and induction to equip for the role, ongoing quality support and the chance to learn many new things!

**BE PART OF  
SOMETHING  
AMAZING AND LIFE  
CHANGING!**

**0121 321 2377**

Advocacy Matters operates independently from service providers, the council and the NHS.

Our Independent Advocacy is free at the point of access





Birmingham  
Community  
Matters

**When you're setting up or running a small community group, it can be helpful to chat to someone with experience of doing similar things.**

Birmingham Community Matters (BCM) is a charity set up to help small voluntary and community groups. We can help you with your ideas, opportunities and challenges. Find out about our FREE services:

[www.birminghamcommunitymatters.org.uk](http://www.birminghamcommunitymatters.org.uk)

[info@birminghamcommunitymatters.org.uk](mailto:info@birminghamcommunitymatters.org.uk) • 0121 751 2992



## How can we help you with your small voluntary group?



We help people through peer learning. We can match you with a BCM helper for a one-to-one chat, or signpost you to further support.

You're welcome to attend one of our informal sessions, held in community venues across Birmingham. As well as exploring your ideas and challenges with a BCM helper, you can meet people doing similar things to you.



### You can reach us by:

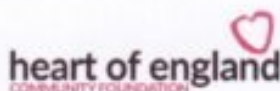
Visiting [www.birminghamcommunitymatters.org.uk](http://www.birminghamcommunitymatters.org.uk)

Calling 0121 751 2992

Emailing [info@birminghamcommunitymatters.org.uk](mailto:info@birminghamcommunitymatters.org.uk)

Whether you're running a group, starting a project, or developing a good idea for your community, we look forward to hearing from you.

BCM is proudly supported by:



Neighbourhood  
Development &  
Support Unit

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

We need  
more people  
just like you

Volunteer with  
ExtraCare to:

- Gain work experience
- Meet new people
- Learn new skills
- Stay active
- Share your expertise



Make a difference to  
the lives of older people

Find exciting volunteering opportunities at  
[www.extracare.org.uk](http://www.extracare.org.uk)

Registered Charity No. 327816



# Join Our Volunteering Team!



## Benefits of volunteering:

- Improved Health & Wellbeing
- Gain Confidence and Self-esteem
- Improve Job Prospects
- Gaining New Skills, Knowledge and Experience
- Increase Social Skills
- Fun and Rewarding

## We need help with:

- Sports Sessions
- Social Groups
- Virtual Volunteering
- Community Events
- Befriending
- Trustee



## Get in touch:

### Email:




[Volunteering@midlandmencap.org.uk](mailto:Volunteering@midlandmencap.org.uk)

### Call:

0121 442 2944

**midlandmencap**

Registered Charity no: 1043360 Company Charity no: 3006451

-  0121 442 2944
-  [Midlandmencap.org.uk](http://Midlandmencap.org.uk)
-  @MidlandMencapUK
-  MidlandMencap



# New Hall Watermill



## Sutton Coldfield's Best Kept Secret

Nestling within the beautiful New Hall Valley Country Park is one of the area's best kept little secrets - a fully working 18th-century watermill.

Join us on one of our Open Days and explore the mill, watch the external overshot waterwheel turning, providing power for our millstones, and take a walk around the Mill Meadow Tree Trail or Woodland Walk... and perhaps treat yourself to some of our freshly milled flour, garden produce and honey!



-  Exhibition
-  Guided Walks
-  Tea Room and Shop
-  Free Entry & Parking

Open to visitors 10am to 4pm. Please refer to Facebook, website below or notice on gate for dates of open days.

Find out more and see our Open Day Diary at:  
[www.newhallmill.org.uk](http://www.newhallmill.org.uk)

New Hall Watermill and its meadow are privately owned and managed by the New Hall Water Mill Preservation Trust (Reg'd Charity No. 502226). The Mill itself is a Grade 2 Listed building, being one of only two watermills still surviving in the Birmingham area. It is open to the public several times a year on selected Open Days.

The present structure dates from the 18th century, but there has been a mill on the site since the 16th century. Now restored to a working condition, New Hall Watermill is located off Wylde Green Road, Walmley, Sutton Coldfield, in the West Midlands. It is a significant local example of our industrial heritage and has been described as 'Sutton's little gem'.

*No dogs please, except Assistance Dogs. Parties by prior arrangement. Please note that the mill is a historic building and access for the disabled is limited.*



# New Hall Watermill

New Hall Drive  
off Wylde Green Road  
Sutton Coldfield  
B76 1QU  
[www.newhallmill.org.uk](http://www.newhallmill.org.uk)



# NEW HALL MILL OPEN DAYS 2024



*See inside the C18 working water mill, tearoom,  
entertainment in the mill yard, stalls in the  
meadow...and much more!*

**May 12<sup>th</sup> ~ June 9<sup>th</sup> ~ July 14<sup>th</sup>  
August 4<sup>th</sup> ~ August 26<sup>th</sup>  
September 15<sup>th</sup>  
Open from 10am to 4pm**

*No dogs please except assistance dogs in harness.*



The Friends of New Hall Mill

New Hall Mill,  
off Wylde Green Road,  
Sutton Coldfield B76 1QU  
Tel: 07448 844 972  
[www.newhallmill.org.uk](http://www.newhallmill.org.uk)  
Follow us on Facebook

***New Hall Water Mill Preservation Trust***

***Registered Charity No. 5022260***

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**OUR PLACE**  
Your Place for Support



# Advice Service

Delivering free advice and support for residents in North Birmingham

BENEFITS

HOUSING

EMPLOYMENT

FORM FILLING



Find us at  
Our Place Support,  
Farthing Lane,  
Sutton Coldfield,  
B72 1RN

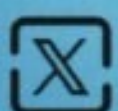
For more information contact us on: 0121 354 4080



advice@ourplacesupport.org



ourplacesupport.org



@OurPlaceSupport



Supported By  
**COMMUNITY FUND**





RNIB

See differently

## Volunteer with RNIB

RNIB

See differently



Email  
**volunteering@rnib.org.uk**



Visit  
**rnib.org.uk/volunteering**



Call  
**0303 123 9999**

REIN0307 © RNIB registered charity in England and Wales (226227), Scotland (SC039316), Isle of Man (1226).  
Also operating in Northern Ireland.

Court Lane



Erdington

### EcoGrow Court Lane:

- \*Wednesday term time. 10-11am Grow & Play. Preschool
- \*Friday 1-3pm Gardening and Art. 6 week blocks.
- \*Spring, summer & winter school holidays. HAF. Ages 4-11
- \*Workshops
- \*Court Lane Allotment Fayres x 3!

Sunny Bank



Sutton Coldfield

### EcoGrow Sunny Bank:

- \*Tuesday term time 10-11am Grow & Play. Preschool
- \*Saturday Gardening group
- \*Horticultural therapy women's group TBC

Moor Green



Moseley

### EcoGrow Moor green:

- \*Saturday 10-12:00pm Food for Brum Gardening group.
- \*Spring, summer & winter school holidays. HAF. Ages 4-11
- \*Workshops

We are adding new events all the time. Please check our website for updates. <https://ecogrowcic.wixsite.com/ecogrow>

Email: [ecogrowcic@gmail.com](mailto:ecogrowcic@gmail.com)





# Standing up for Women & Girls

SIGBI.ORG



Soroptimist International is a global movement of volunteers advocating for human rights and gender equality.

We help women and girls achieve their individual and collective potential, realise aspirations and have an equal voice in communities worldwide.

Join us today.  
Contact your local club:



[sigbi.org](http://sigbi.org)

# SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

## Mondays:

Gaming Club 4-6pm

(Monthly, dates advertised online)



## Tuesdays:

Home Ed Group 12-2pm

After School Club 4-6pm

## Thursdays:

Pre-School Lil Club 9.30-11.30am

Adult & Carer Session 1-3pm

(dates advertised online)



## Fridays:

Youth Club (11+) 5-6.45pm

Monthly Parent Carer Breakfast Meetups and Coffee Mornings

During the school holidays we run stay and play sessions Monday - Friday with different activities bookable through our website.



**SQUARE PEG  
Activities**

*Where square pegs fit in*

Registered Charity Number 1185040

[www.squarepegactivities.org](http://www.squarepegactivities.org)

[info@squarepegactivities.org](mailto:info@squarepegactivities.org)

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



**SQUARE PEG  
Activities**

*Where square pegs fit in*

Charity number 1185040

**Tyler Shaw**

Delivery and Outreach Co-ordinator

[tyler@squarepegactivities.org](mailto:tyler@squarepegactivities.org)  
07782171954



# Hello Bilston!

**St Giles**  
Hospice

Your new shop is  
opening at **10.30am on**  
**Wednesday 10th April**

98A Church Street, WV14 0AX

## Ways to get involved...



### Donate to us

Simply drop off your pre-loved goods to your new local Bilston shop!



### Shop with us

Shop sustainably and find hidden treasures with new arrivals everyday.



### Volunteer with us

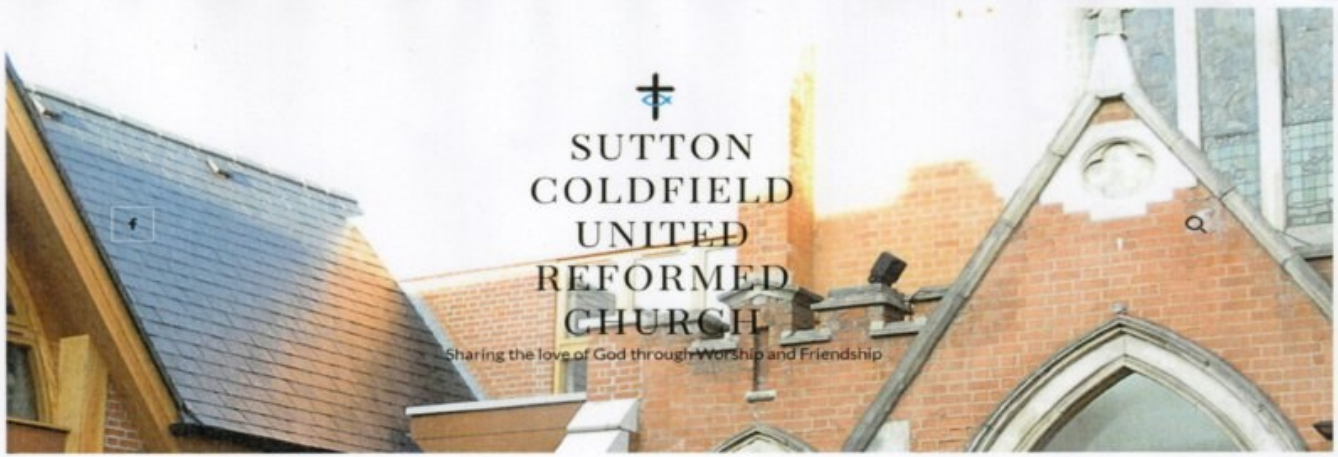
Develop skills, build friendships and join #TeamStGiles by becoming a volunteer.

Your support helps us to provide vital care for local people, and their loved ones, living with a terminal illness. *Thank you.*

### Find out more

[www.stgileshospice.com/shops](http://www.stgileshospice.com/shops)





## GROWING OUR COMMUNITY TOGETHER



### CAFÉ OASIS

Our community café open Monday, Tuesday, Thursday and Friday 10.30am – 2.00pm



### So many Activities and Services for you!

- Parish Nurse onsite 3 days per week
- SCURC 'Keep Moving' exercise class
- Badminton
- Occupational Therapy Drop In
- Adult Social Care Drop In
- Diabetes Advice and Support
- Stroke Club
- Boardgames and Wellbeing group
- (Starting in March 2024)
- Indoor Bowling for over 75s
- Meals on Wheels delivery
- Many, many more!

### FOOD4U FOODBANK

Every Tuesday from 11am, a warm welcome with free tea and coffee and lots of advice and support from our partner organisations

Telephone or email us at:

**0121 355 1217**

**[cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk)**

**Find out more by visiting us:**

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

Or at our website: [www.scurc.org.uk](http://www.scurc.org.uk)



# Are you aged 18-25 and caring for someone?




YMCA SUTTON COLDFIELD


**Our Young Adult Carers Service (YAC) can offer you free help and advice.**


If you support a family member with a disability, illness or addiction, we can help you reach your full potential. We offer;

- Information and advice to support you and your family
- An assessment of your needs
- Regular groups and drop-ins
- Individual life coaching to achieve your work or education goals




 0121 354 5614

 [YAC@birminghamcarershub.org.uk](mailto:YAC@birminghamcarershub.org.uk)

 [birminghamcarershub.org.uk/YAC](http://birminghamcarershub.org.uk/YAC)

Supported by  
 Birmingham  
City Council

  
Birmingham and Solihull  
Clinical Commissioning Group

 BIRMINGHAM  
CHILDREN'S TRUST



**YMCA**



# YMCA Youth Club

Tuesdays 5pm-7pm

11-16 Years

Location: The Lodge Community  
Hub, B75 7LB

For more information contact Lauren on  
07879 793239

**YMCA**

Here for young people  
Here for communities  
Here for you