ROYAL SUTTON COLDFIELD

COMMUNITY DIRECTORY

- The Directory aims to provide information for use by the public and organisations who provide local services to assist the people of Royal Sutton Coldfield in meeting their needs.

- The Directory offers organisations and individuals the opportunity to publish information about the services they operate in Royal Sutton Coldfield, how these can be accessed, in what quantities, where, when and by whom.

- The voluntary groups, organisations, charities, social enterprises in this directory are all based in - or work within – Royal Sutton Coldfield.

The directory can be viewed on line at:

www.schtht.co.uk
DISCLAIMER

The Sutton Coldfield Community Directory is provided for information purposes to the public and is maintained by a voluntary organisation, Here to Help Together (HTHT). Anyone who relies on this information does so at their own risk.

Access and use of this directory constitutes acceptance by you of these Terms and Conditions which take effect from the date of first use.

Provision of Information

This directory provides information which has been supplied by third parties, for example, community organisations themselves and was correct at the time of publishing. HTHT makes no representations or warranties with regard to the accuracy of the information supplied in the Sutton Coldfield Community Directory. HTHT cannot accept any liability or responsibility whatsoever for any loss or damage suffered by any user resulting from their use of the information contained on this website or any goods or services purchased by any user from any organisation shown or listed on this website.

Information held about an organisation does not imply an endorsement of that organisation or its services by HTHT. A link to an external website does not imply an endorsement of that website, and HTHT is not responsible or liable in any way for the contents or reliability of external websites.

Background Checks

HTHT has not conducted background checks or other forms of due diligence (for example, Disclosure Barring Service checks) against the providers listed on the Sutton Coldfield Community Directory. Users are advised to undertake your own checks and verifications prior to engaging the services of any providers listed in the Sutton Coldfield Community Directory.
## CONTENTS

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acacia Family Support</td>
<td>10</td>
</tr>
<tr>
<td>Advance Credit Union Limited</td>
<td>11</td>
</tr>
<tr>
<td>Advice Services Café</td>
<td>12</td>
</tr>
<tr>
<td>Advocacy Matters</td>
<td>13</td>
</tr>
<tr>
<td>Age Concern</td>
<td>14</td>
</tr>
<tr>
<td>Age Concern Birmingham - Carer Support</td>
<td>15</td>
</tr>
<tr>
<td>Age UK Birmingham Seymour Dementia Centre</td>
<td>16</td>
</tr>
<tr>
<td>Alzheimer's Society</td>
<td>17</td>
</tr>
<tr>
<td>Ark Community Church Place of Welcome</td>
<td>18</td>
</tr>
<tr>
<td>Banners Gate Counselling Centre</td>
<td>19</td>
</tr>
<tr>
<td>Beyond the Horizon Charity</td>
<td>20</td>
</tr>
<tr>
<td>Birmingham and District Tinnitus Group</td>
<td>21</td>
</tr>
<tr>
<td>Birmingham IA</td>
<td>22</td>
</tr>
<tr>
<td>Birmingham Mental Health Carers Support Service</td>
<td>23</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Family Support</th>
<th>Health and Well Being</th>
<th>Care for Carers</th>
<th>Youth Work</th>
<th>Advice and Advocacy</th>
<th>Support for the Elderly</th>
<th>Learning, Working and Volunteering</th>
<th>Faith Organisations</th>
<th>Other Organisations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acacia Family Support</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advance Credit Union Limited</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advice Services Café</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advocacy Matters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age Concern</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age Concern Birmingham - Carer Support</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age UK Birmingham Seymour Dementia Centre</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alzheimer's Society</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ark Community Church Place of Welcome</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banners Gate Counselling Centre</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beyond the Horizon Charity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birmingham and District Tinnitus Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birmingham IA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birmingham Mental Health Carers Support Service</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organisation</td>
<td>Page</td>
<td>Family Support</td>
<td>Health and Well Being</td>
<td>Care for Carers</td>
<td>Youth Work</td>
<td>Advice and Advocacy</td>
<td>Support for the Elderly</td>
<td>Learning, Working and Volunteering</td>
<td>Faith Organisations</td>
</tr>
<tr>
<td>-----------------------------------------------------------</td>
<td>------</td>
<td>----------------</td>
<td>-----------------------</td>
<td>-----------------</td>
<td>------------</td>
<td>---------------------</td>
<td>------------------------</td>
<td>-----------------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Birmingham MIND</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birmingham MIND North Locality</td>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breathe Easy Sutton Coldfield</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Britwell Circle</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Britwell Mothers and Toddlers</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Café Oasis</td>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carers United</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CH.A.N.C.E</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherished</td>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chester Road Baptist Church</td>
<td>33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chester Road Baptist Church Boys and Girls Brigade</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chester Road Baptist Church Breakaway</td>
<td>35</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Compass Support</td>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contact the elderly</td>
<td>37 &amp; 38</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creative Support</td>
<td>39</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CYG</td>
<td>40</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes UK Sutton Coldfield</td>
<td>41</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organisation</td>
<td>Page</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------</td>
<td>------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Divorce Recovery Workshop</td>
<td>42</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duke Street Explore Together</td>
<td>43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duke Street Friends &amp; Neighbours</td>
<td>44</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duke Street Recreational Art Group</td>
<td>45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duke Street Retired Men's Fellowship</td>
<td>46</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Falcon Lodge Messy Church</td>
<td>47</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Falcon Lodge Methodist Church</td>
<td>48</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Focus Birmingham</td>
<td>49</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FOLIO Sutton Coldfield</td>
<td>50</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food 4 U</td>
<td>51</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Footsteps Counselling &amp; Support</td>
<td>52</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday Friends</td>
<td>53</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grandparents Plus</td>
<td>54</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holy Trinity 'Open House'</td>
<td>55</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holy Trinity Church Choir</td>
<td>56</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holy Trinity Film Club</td>
<td>57</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holy Trinity Parish Church</td>
<td>58</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Start Birmingham NW</td>
<td>59</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organisation</td>
<td>Page</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------</td>
<td>------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IAG Job Club</td>
<td>60</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JCYG</td>
<td>61</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jooks of Hazard Dads &amp; Toddlers</td>
<td>62</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kaleidoscope</td>
<td>63</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids (West Midlands)</td>
<td>64-66</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knit and Natter</td>
<td>67</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lindridge Enterprise</td>
<td>68</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Little Aston Community Association (LACA)</td>
<td>69</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Little Jooks Toddlers Group</td>
<td>70</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lodge Lunches</td>
<td>71</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lymphoma Association</td>
<td>72</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Memory Café</td>
<td>73</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Messy Church (Chester Road Baptist Church)</td>
<td>74</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Messy Church (United Reformed Church)</td>
<td>75</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Messy tots</td>
<td>76</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neighbourhood Watch</td>
<td>77</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organisation</td>
<td>Page</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------------------------</td>
<td>------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Heights Domestic Abuse Counselling Service</td>
<td>78</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our Place Community Hub</td>
<td>79</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our Place Mentoring Scheme</td>
<td>80</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PAAT</td>
<td>81</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parish Nurse Sutton Coldfield URC</td>
<td>82</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parkinson’s Support Group</td>
<td>83</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pop-In Coffee</td>
<td>84</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostate Support Group</td>
<td>85</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Real Life Church</td>
<td>86</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refresh Mind Body Spirit</td>
<td>87</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>REMAP</td>
<td>88</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salus Fatigue Foundation</td>
<td>89</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Second Thoughts Project</td>
<td>90</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Chad’s Church Hall Sutton Coldfield</td>
<td>91</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Chad’s Church Sutton Coldfield</td>
<td>92</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Columba’s Parish Church</td>
<td>93</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Giles Hospice, Whittington</td>
<td>94</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organisation</td>
<td>Page</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------------------------------------</td>
<td>------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Giles Supportive Care Centre, Sutton Coldfield</td>
<td>95</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Peters Church Maney</td>
<td>96</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stepping Stones Projects</td>
<td>97</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke Association Family and Carer Support Service</td>
<td>98</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sutton Coldfield and Erdington Lions Club</td>
<td>99</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sutton Coldfield Methodist Bowls Club</td>
<td>100</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sutton Coldfield Speaker's Club</td>
<td>101</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sutton Coldfield Stroke Club</td>
<td>102</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sutton Coldfield United Reformed Church</td>
<td>103</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sutton Locality Children's Centres</td>
<td>104</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sutton Support Services</td>
<td>105</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SVP (Saint Vincent DePaul Society)</td>
<td>106</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Cancer Support Centre</td>
<td>107</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Challenge</td>
<td>108</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Coffee Tree</td>
<td>109</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Gap*</td>
<td>110</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organisation</td>
<td>Page</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------</td>
<td>------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Jericho Foundation</td>
<td>111</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Trinity Centre</td>
<td>112</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Traidcraft Shop at Wylde Green URC</td>
<td>113</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trinity Photography Group</td>
<td>114</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wiggly Worms coffee and toddler play</td>
<td>115</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>YMCA Sutton Coldfield</td>
<td>116</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACACIA FAMILY SUPPORT

Offering support to families suffering the effects of pre and post natal depression.

CONTACT
Rob Ewers
Web address: www.acacia.org.uk

ADDRESS
5a Coleshill Street, Sutton Coldfield, B72 1SD

PHONE NUMBER
0121 301 5990

E-MAIL
help@acacia.org.uk

WHAT WE DO
Offer 1-1 befriending & workshops / support groups.

WHO IS IT FOR
Mothers and fathers in the pre and post natal period, up to their child's second birthday.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Yes. Referral forms are available on our website www.acacia.org.uk or ring one of our team on 0121 301 5990.

WHEN AND WHERE
St Johns Church Walmley
Elim Church Kingstanding
Adderley Children’s Centre
Northfield Baptist Church
Advance Credit Union is a financial not-for-profit cooperative. We help people to save regularly and to borrow responsibly and ethically.

Contact: Phil Cole

Address: 200 Sutton New Road, Erdington, Birmingham, B23 6QU

Phone Number: 0121 350 8883

Email: info@advancecu.org.uk

What We Do: Regular Savings, Affordable loans up to £8,000, Child benefit loans, Internet banking, Visa debit card, Housing Benefit/Universal Credit, Free life assurance, Bill payment/debt management accounts.

Who is it for: Everyone who lives or works within North and East Birmingham or Solihull Borough.

Is there any cost: £2 joining fee and annual £2 membership fee.

Is a referral needed: No

When and Where: Head Office Opening Hours: Monday, Tuesday, Thursday, Friday 9:30am - 4:00pm Wednesday and Saturday 9:30am - 12:00pm Community Collection Points: Sutton Coldfield URC Tuesday 12noon - 2pm St Thomas' Social Club, Erdington Friday 8 - 10pm
Free advice on a range of issues including benefits, housing, debt, legal matters, mental wellbeing.

CONTACT  
Our Place Community Hub

ADDRESS  
Our Place Community Hub,  
Farthing Lane,  
Sutton Coldfield,  
B72 1RN

PHONE NUMBER  
0121 354 4080

E-MAIL  
advicecafe@ourplacecommunityhub.org

WHAT WE DO  
We offer free expert advice on a range of issues including benefits, housing, debt, legal matters, mental wellbeing.

WHO IS IT FOR  
Anyone who needs advice..

IS THERE ANY COST  
No

IS A REFERRAL NEEDED  
No

WHEN AND WHERE  
First and third Friday of every month, 10:00am – 1:00pm.  
Our Place Community Hub
Independent advocacy for vulnerable adults in Birmingham and Walsall.

CONTACT
Kathryn Paynter
Web address: www.advocacymatters.co.uk

ADDRESS
198 Boldmere Road,
Sutton Coldfield,
B73 5UE.

PHONE NUMBER
0121 321 2377

E-MAIL
kathryn.paynter@advocacymatters.co.uk

WHAT WE DO
We support vulnerable adults to resolve crisis situations. We provide 1:1 support to support with choices, rights and engagement.

WHO IS IT FOR
Vulnerable adults within Birmingham and Walsall.
Young People 13 – 19 years.
Adults 18 years and over.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Referrals can be made in a variety of ways – please see website.

WHEN AND WHERE
Within the community.
Age Concern Birmingham is a local charity, committed to the people and communities surrounding Birmingham.

CONTACT
Dawn McCarthy
web address: www.ageconcernbirmingham.org.uk

ADDRESS
76-78 Boldmere Road,
Sutton Coldfield,
B73 5TJ

PHONE NUMBER
0121 362 3650

E-MAIL
Info@ageconcernbirmingham.org.uk

WHAT WE DO
Advice & Information, Tradespeople, Legal Services, Charity Shop, Funeral Plans, Personal Alarms, Stair lifts, Home Support, Care, Lunch Clubs, Day/Wellbeing Centres, “Communitea” Community Café, Volunteering, Befriending, Much more.

WHO IS IT FOR
Anyone, any age.

IS THERE ANY COST
Depends on the service.

IS A REFERRAL NEEDED
None required but beneficial to call or email.

WHEN AND WHERE
Depends on the service.
AGE CONCERN BIRMINGHAM - CARER SUPPORT

Free 1-1 support planning sessions to support the well-being of unpaid Carers within their home or venue of their choice.

CONTACT
Theresa Lovelace

ADDRESS
76-78 Boldmere Road,
Sutton Coldfield,
West Midlands,
B73 5TJ

PHONE NUMBER
0121 362 3650 / 07940 709314

E-MAIL
t.lovelace@ageconcernbirmingham.org.uk

WHAT WE DO
Provide 1:1 advice & information on benefits, activities and services available for Carers with the opportunity to book respite at local well-being day centres.

WHO IS IT FOR
Unpaid Carers who are aged 18 years and over.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Yes, through email, phone or pop into Age Concern (HQ) on Boldmere Road, Sutton Coldfield.

WHEN AND WHERE
Monday – Friday, 9:00am-5:00pm.
Home/Venue of their choice/Head Office.
Age UK Birmingham Seymour Dementia Centre provides day care for the 50+ living with dementia.

**CONTACT**
Gemma Hollyoake

**ADDRESS**
34 South Parade,
Sutton Coldfield,
B72 1QY

**PHONE NUMBER**
0121 437 0033

**E-MAIL**
dementia.services@ageukbirmingham.org.uk

**WHAT WE DO**
Day care for the 50+ living with dementia. Minibus transport is provided, activities, meal and trips.

**WHO IS IT FOR**
50+ living with dementia.

**IS THERE ANY COST**
£55 full day. £35 half day.

**IS A REFERRAL NEEDED**
No

**WHEN AND WHERE**
Monday to Friday 9:00am-5:00pm
United against Dementia.
Side by side service.

CONTACT Novlette Balela
Web address: www.alzheimers.org.uk

ADDRESS Waterside House,
7–9 Olton Wharf,
Richmond Road,
B92 7RN.

PHONE NUMBER 07483 122447

E-MAIL novlette.balela@alzheimers.org.uk

WHAT WE DO New service that recruits volunteers to support people with dementia to access activities and services in their local community.

WHO IS IT FOR Individuals with a diagnosis of dementia.

IS THERE ANY COST No

IS A REFERRAL NEEDED Contact the main office for a referral form – 0121 700 7362.

WHEN AND WHERE Monday to Friday 9.00am – 4.30pm.
<table>
<thead>
<tr>
<th>ARK COMMUNITY CHURCH PLACE OF WELCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place of Welcome is a café where we serve free drinks and cake.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Lynn Jennings (Place of Welcome), Ella Quarrell (Ark)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Web address: arkcommunity.church</td>
</tr>
<tr>
<td>ADDRESS</td>
<td>The Chapel, St James Road, Mere Green, B75 5EH</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>07950 085905 (Lynn) / 0121 351 7509 (Ella)</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:jennings206@aol.com">jennings206@aol.com</a> (Place of Welcome)</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:ella.quarrell@gmail.com">ella.quarrell@gmail.com</a> (Ark)</td>
</tr>
</tbody>
</table>

| WHAT WE DO | Place of Welcome is a café where we serve free drinks and cake, play dominoes and scrabble, do jigsaws, knitting and chat. Sunday worship meetings Charity coffee mornings, LINK for young people 11-18. |

| WHO IS IT FOR | Place of Welcome is for anyone, especially those living alone who have little social contact. |

<table>
<thead>
<tr>
<th>IS THERE ANY COST</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>IS A REFERRAL NEEDED</td>
<td>No</td>
</tr>
</tbody>
</table>

| WHEN AND WHERE | Place of Welcome on Tuesdays 9:30am - 12:00noon. Church worship service every Sunday at 10:30am Coffee mornings on first Saturday of each month at Ark Community Church. LINK is 3:30 – 5:00pm on Fridays at Mere Green Community Centre. |
**BANNERS GATE COUNSELLING CENTRE**

An accessible and affordable counselling centre for adults (18+) in the community. Individual counselling provided.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Receptionist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Web address</td>
<td><a href="http://www.bgcounselling.co.uk">www.bgcounselling.co.uk</a></td>
</tr>
</tbody>
</table>

| ADDRESS       | The Upper Room, 198 Boldmere Road, Boldmere, Sutton Coldfield, B73 5UE |

| PHONE NUMBER  | 0121 354 6544 |

| E-MAIL        | info@bgcounselling.com |

| WHAT WE DO    | We give counselling to those experiencing mental health distress. Clients are required to come weekly at the same time and day for 8 weeks initially. This can be extended. |

| WHO IS IT FOR | The Centre is staffed by professionally qualified counsellors who volunteer their time for the community. Those wishing to access this service should phone 0121 354 6544. |

| IS THERE ANY COST | Yes. We ask for financial contributions each session. |

| IS A REFERRAL NEEDED | Clients can self-refer, via GPs, by recommendation, advertisements, web page/ internet (www.bgcounselling.co.uk) |

| WHEN AND WHERE      | Ring the centre to go on the short waiting list. |
Children and young people’s counselling after bereavement, loss or family breakdown, working across Birmingham.

CONTACT  
Jenny Graham  
Web address: www.beyondthehorizon.org.uk

ADDRESS  
Holy Cross Community Centre,  
Beauchamp Road  
Billesley,  
B13 0NS

PHONE NUMBER  
0121 444 5454

E-MAIL  
jgraham@beyondthehorizon.org.uk

WHAT WE DO  
- Counselling and play therapy  
- Training to other professionals  
- Group support for children affected by domestic abuse.

WHO IS IT FOR  
Children and young people aged 4 – 18 who live or attend school in Birmingham.

IS THERE ANY COST  
No

IS A REFERRAL NEEDED  
Parents / carers can self-refer.  
Professionals are required to complete a referral form.

WHEN AND WHERE  
Outreach – we take our service to the children within a mile of where they live.
BIRMINGHAM and DISTRICT TINNITUS GROUP

Self help group. Offering support information and advice to those with tinnitus and their families.

CONTACT Sue Handley
Web address: www.tinnitusbham.org.uk

ADDRESS Bid Services, Deaf Cultural Centre, Ladywood Road, Edgbaston, Birmingham, B16 8SZ

PHONE NUMBER 01384 831032

E-MAIL info@tinnitusbham.org.uk

WHAT WE DO Hold support meetings twice a month daytime Birmingham city centre Dudley/Halesowen area.

WHO IS IT FOR Those with tinnitus and their families.

IS THERE ANY COST No

IS A REFERRAL NEEDED No

WHEN AND WHERE Irwin Michell Solicitors, Imperial House, 31 Temple Street, Birmingham, B2 5DB
10:30am-12:00noon 2nd Tuesday of month.
Evening: Woodside Community Centre, Highgate Road, Dudley, DY2 OSN 7:30-9:00pm 1st Tuesday.
Offering support to patients who have had or are about to have an ileostomy or an internal pouch.

CONTACT
Mary Cotterill
Web address: http://www.birmingham.iasupport.org

ADDRESS
5 College Hill, Sutton Coldfield, B73 6HA

PHONE NUMBER
0121 354 3903

E-MAIL
ma.cotterill@homecall.co.uk

WHAT WE DO
Provide support on a one to one basis in hospital or at home for patients and carers across the Birmingham area.

WHO IS IT FOR
People who have undergone bowel surgery and have an ileostomy or internal pouch.

IS THERE ANY COST
Membership fee: Under 60 £15, over 60 £10.

IS A REFERRAL NEEDED
Self referral.

WHEN AND WHERE
Details as above.
Provide information, advice, 1-1’s and group/peer support to carers of adults with mental health needs. (Part of Stonham)

CONTACT
Gateway Team
Web address: www.homegroup.org.uk/Care-and-Support/Our-Care-Services/Birmingham-Mental-Health-Carer-Support-Service

ADDRESS
Stonham,
Centre City,
Hill Street,
Birmingham,
B5 4AU

PHONE NUMBER
0300 304 5530

E-MAIL
annette.lewis@homegroup.org.uk

WHAT WE DO
We provide a person centred support based on needs identified by the carer; includes health & wellbeing, employment, housing, finances, general information and accessing respite.

WHO IS IT FOR
Carers can be any age including young carers (aged 4-17 years old) The cared for individual will be registered with a Birmingham GP.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Professionals and self referrals can be made through the Gateway Team on 0300 304 5530.

WHEN AND WHERE
Monday – Friday 8:00am – 8:00pm
We support people with mental health from low level prevention services to highly supported services for people with complex needs.

CONTACT
Jane Bird
Web address: www.birminghammind.org

ADDRESS
Head Office,
17 Graham Street,
Hockley,
Birmingham, B7 3JR

PHONE NUMBER
0121 608 8001

E-MAIL
info@birminghammind.org.uk

WHAT WE DO
Community Well Being and Recovery Service.
Floating Support (one to one).
Supported Housing Service.

WHO IS IT FOR
Over 18’s only.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Yes.
Please contact Sameena Akhtar on 0121 359 1151.

WHEN AND WHERE
Please call for program details.
BIRMINGHAM MIND NORTH LOCALITY

Birmingham MIND’s North Locality floating support team.

CONTACT
Carmel Kendrick STR

ADDRESS
Suite 1, Alma House
Aston, Birmingham, B19 2SS

PHONE NUMBER
Carmel Kendrick STR (07734 959907)
Office (0121 359 1151)

E-MAIL
carmelkendrick@birminghammind.org

WHAT WE DO
We offer support to adults experiencing mental health problems who are living in their community. It’s individual designed support focused on the key aspects of recovery, hope, respect, control and personal growth. Support with: maintaining your tenancy/finding accommodation, health/safety in your home, dealing with benefits/debt/paperwork, accessing community facilities/public transport, healthy lifestyle advice, accessing education/training/ voluntary opportunities and overcoming isolation. Signposting!

WHO IS IT FOR
People over 18 with mental health issues.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Self-referral or via GP / CHMT / Other agency

WHEN AND WHERE
Birmingham North locality
# BREATHE EASY SUTTON COLDFIELD

Respiratory support group for people with lung disease and their carers and family.

<table>
<thead>
<tr>
<th><strong>CONTACT</strong></th>
<th>Terry or Margaret Owen</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADDRESS</strong></td>
<td>Sutton Methodist Church Hall, South Parade, B72 1QY</td>
</tr>
<tr>
<td><strong>PHONE NUMBER</strong></td>
<td>0121 357 1224 or 07969 909968</td>
</tr>
<tr>
<td><strong>E-MAIL</strong></td>
<td><a href="mailto:tmstarrowen@gmail.com">tmstarrowen@gmail.com</a></td>
</tr>
</tbody>
</table>

**WHAT WE DO**

We are a link with the British Lung Foundation, have guest speakers, leaflets and provide support with the information we have.

**WHO IS IT FOR**

Anyone with a respiratory condition, family, carers and friends.

**IS THERE ANY COST**

No

**IS A REFERRAL NEEDED**

No

**WHEN AND WHERE**

Sutton Methodist Church Hall
2nd Thursday of the month 12:00 to 1:30pm
Exercise class every Thursday 11:00am to 12noon.
An afternoon club with speakers plus occasional outings.

**CONTACT**
Bob Phipps

**ADDRESS**
Wylde Green United Reformed Church,
Britwell Road,
Sutton Coldfield,
B73 5SW

**PHONE NUMBER**
0121 792 1597

**E-MAIL**
phipps_5ps@yahoo.com

**WHAT WE DO**
We offer friendship and fellowship, with a wide variety of speakers and occasional outings for meals.

**WHO IS IT FOR**
Everyone is welcome.

**IS THERE ANY COST**
£2 per meeting or £15 for whole season.

**IS A REFERRAL NEEDED**
No

**WHEN AND WHERE**
1st and 3rd Tuesdays 2:00-4:00pm (Oct-March)
Wylde Green URC.
Play activities for children up to two and a half years, accompanied by an adult.

CONTACT  Beryl James
ADDRESS  Wylde Green United Reformed Church, Britwell Road, Sutton Coldfield, B73 5SW
PHONE NUMBER  0121 355 1241
E-MAIL  bmj2000@virginmedia.com
WHAT WE DO  We provide equipment and singing plus refreshments.
WHO IS IT FOR  Children up to two and half years accompanied by an adult.
IS THERE ANY COST  £2 per child per session.
IS A REFERRAL NEEDED  No
WHEN AND WHERE  Mon, Weds, Fri 9:30-11:30am
Wylde Green URC
A non-profit making community café providing home cooked food at reasonable prices with a warm welcome and companionship for all.

CONTACT  Adele McEvilly CBE

ADDRESS  Sutton Coldfield United Reformed Church, Brassington Ave, Sutton Coldfield, B73 6AA

PHONE NUMBER  0121 355 1217

E-MAIL  mcevilly10@icloud.com

WHAT WE DO  Provide a warm, friendly, welcoming environment in which to enjoy home cooked food and fellowship. Extra support and transport is available when required.

WHO IS IT FOR  We welcome people of all ages and abilities. Offering catering for charity groups and meetings.

IS THERE ANY COST  Low cost light refreshments and meals.

IS A REFERRAL NEEDED  No, unless transport is needed. Please telephone to arrange.

WHEN AND WHERE  10:00am – 3:00pm Monday, Tuesday and Friday. Sutton Coldfield URC. Monthly lunch on 1st Wednesday and Afternoon Tea on the 3rd Wednesday of each month.
We are based at ‘Our Place’ and we offer information, support and advice to carers.

**CONTACT**  
Bobbie Duggan

**ADDRESS**  
‘Our Place’ Community Hub,  
Farthing lane,  
Sutton Coldfield,  
B72 1RN

**PHONE NUMBER**  
0121 355 1006

**E-MAIL**  
info@carersunited.org

**WHAT WE DO**  
We provide information and advice to carers to help them to access the services and support that they need to help them in their caring role. We also have social activities including Carers Café, trips and events.

**WHO IS IT FOR**  
Carers of any age who support a family member, friend or neighbour with their daily needs and are unpaid.

**IS THERE ANY COST**  
No charge.

**IS A REFERRAL NEEDED**  
No but please contact the office to register your details.

**WHEN AND WHERE**  
The office is open 9:30am – 2:00pm Mon, Tues, Wed and Fri. We have a Carers Café 11:00am – 1:00pm on the 4th Tuesday of the month at The United Reformed Church in Sutton Coldfield, Brassington Avenue, B73 6AA.
**CH.A.N.C.E**

A group for parents/carers of children with additional needs in the Boldmere area to come together and exchange ideas.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Jeanette Nicholls (Children’s and Families’ Missioner)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td>c/o St Michael’s Church, Church Road, Boldmere, Sutton Coldfield, B73 5RX</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>07492 474472</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:jeanette.cfm@gmail.com">jeanette.cfm@gmail.com</a></td>
</tr>
</tbody>
</table>

**WHAT WE DO**
Local support group for families. A chance to share needs and experiences in a relaxed atmosphere with refreshments and facilities for preschool children.

**WHO IS IT FOR**
Parents/carers of children with an additional physical, emotional and/or neurodevelopmental need who live within, or attend a school in the Boldmere area.

**IS THERE ANY COST**
No

**IS A REFERRAL NEEDED**
No
(Suggest phone or email contact prior to attending.)

**WHEN AND WHERE**
Third Thursday morning of each month from 9:00am - 10.30am
St Michael’s Church Hall, 194 Boldmere Road B73 5UE.
Main entrance by the car park has accessible access and toileting facilities.
We work with young girls in primary and secondary school. We offer mentoring, self-esteem courses and girls community groups.

**CONTACT**

Hannah Borg

**ADDRESS**

Our Place Hub, Farthing Lane, Sutton Coldfield, B72 1RN

**PHONE NUMBER**

07828 144115

**E- MAIL**

Hannah@cherisheduk.org

**WHAT WE DO**

One to one mentoring
Self Esteem courses
Girls Community Groups

**WHO IS IT FOR**

Girls in primary and secondary school.

**IS THERE ANY COST**

Yes – contact Hannah.

**IS A REFERRAL NEEDED**

Yes through Hannah@cherisheduk.org

**WHEN AND WHERE**

In local schools.
We are a church of around 100 members, evangelical in persuasion, but welcoming all.

CONTACT
Church Office
Web address: www.chesterroadbc.org.uk

ADDRESS
Chester Road Baptist Church,
Corner of Chester Road and Boldmere Road,
Sutton Coldfield,
B73 5HU

PHONE NUMBER
0121 350 2779 (mornings)

E-MAIL
office@chesterroadbc.org.uk

WHAT WE DO
We offer Sunday worship as well as groups for all ages including Brigades, as well as discipleship classes and Messy Church.

WHO IS IT FOR
Open to all.

IS THERE ANY COST
n/a

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Sundays at 10:30am and 6:30pm.
A Christian based uniformed organisation for both boys and girls of school age.

CONTACT
Lindsey Atkin (5-11 years)
Stewart Barr (11+ years)
Web address: www.chesterroadbc.org.uk

ADDRESS
Chester Road Baptist Church,
Sutton Coldfield,
B73 5HU

PHONE NUMBER
0121 350 2779 (mornings)

E-MAIL
office@chesterroad.org.uk

WHAT WE DO
Activities and badge work as part of the national Boys and Girls Brigade movement.

WHO IS IT FOR
A mixed group of boys and girls of school age.

IS THERE ANY COST
Modest weekly or termly subs.

IS A REFERRAL NEEDED
No

WHEN AND WHERE
5-11yr olds Fridays 6:00 – 7:30pm
11+ yrs Fridays from 7:30pm
Chester Road Baptist Church
(term time only)
A monthly meeting for ladies with an inspirational talk and a time to talk. Includes sale of cards and wrapping paper.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Ann Hawkings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Web address:</td>
<td><a href="http://www.chesterroadbc.org.uk">www.chesterroadbc.org.uk</a></td>
</tr>
<tr>
<td>ADDRESS</td>
<td>Chester Road Baptist Church, Sutton Coldfield, B73 5HU</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 350 2779 (mornings).</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:office@chesterroadbc.org.uk">office@chesterroadbc.org.uk</a></td>
</tr>
<tr>
<td>WHAT WE DO</td>
<td>Monthly meeting with speakers on a variety of subjects.</td>
</tr>
<tr>
<td>WHO IS IT FOR</td>
<td>Open to ladies of all ages.</td>
</tr>
<tr>
<td>IS THERE ANY COST</td>
<td>£1.50 a week.</td>
</tr>
<tr>
<td>IS A REFERRAL NEEDED</td>
<td>No</td>
</tr>
<tr>
<td>WHEN AND WHERE</td>
<td>The second Thursday of every month, 7:45pm. Chester Road Baptist Church.</td>
</tr>
</tbody>
</table>
Family Compass Project working with children and families.

CONTACT
Shamsa Mughal
Web address: www.compass-support.org.uk/what-we-do/families/

ADDRESS
Falcon Lodge Community Hub,
Churchill Road,
Falcon Lodge,
Sutton Coldfield,
B75 7LB.

PHONE NUMBER
0121 329 2055

E-MAIL
familycp@compass-support.org.uk

WHAT WE DO
Work with families for up to six months to develop goals, outcomes and an action plan to support each family member to achieve their goals.

WHO IS IT FOR
Families within B75 postcode area.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Agencies and parents can refer to the project.

WHEN AND WHERE
Email familycp@compass-support.org.uk to request a referral form or apply in person at Falcon Lodge Community Hub.
A national organisation with small local groups arranging monthly tea parties for guests living alone aged 75 and over.

**CONTACT**

Hilary Carman

**ADDRESS**

Head Office,
2 Grosvenor Gardens,
London,
SW1 0DH

**PHONE NUMBER**

0121 353 0786
(Head office 0800 716543/020 7240 0630)

**E-MAIL**

admin@hmcarmann.plus.com
(info@contact-the-elderly.org.uk)

**WHAT WE DO**

There are 5 groups in Sutton Coldfield offering companionship for those who have little contact with the wider community.

**WHO IS IT FOR**

Over 75s – we have room for more guests. Volunteers are needed to be drivers for guests or to host tea parties. We are delighted to have younger volunteers who usually find it a very enjoyable experience.

**IS THERE ANY COST**

No

**IS A REFERRAL NEEDED**

No

**WHEN AND WHERE**

Please contact Hilary Carman for details.
A national charity dedicated to tackling loneliness and isolation among older people.

CONTACT
Mrs Gloria Childs

ADDRESS
Ley Hill Practice,
228 Lichfield Road,
Sutton Coldfield,
B74 2UE

PHONE NUMBER
0121 308 0274

E-MAIL
gloria.childs@lineone.net

WHAT WE DO
Once a month, on a Friday afternoon, our volunteer drivers collect a small group of older people to enjoy a chat and a laugh over tea.

WHO IS IT FOR
People over 75 who are lonely and enjoy meeting others but find it difficult to get out. They feel special when collected by our drivers for tea at the GP Practice.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
By email to the above contact.

WHEN AND WHERE
Last Friday in the month. 3:00 – 5:00pm at Ley Hill Surgery.
Creative Support provides mental health recovery services tailored specifically to the needs of 18-25 year olds.

CONTACT  
Sophie Edridge

ADDRESS  
64 Water Street,  
Birmingham,  
B3 1HN

PHONE NUMBER  
0121 200 3188

E-MAIL  
sophie.edridge@creativesupport.org.uk

WHAT WE DO  
Creative Support’s Birmingham Hub and Spoke Services provides key working, sessions, therapeutic activities and projects that promote mental health recovery.

WHO IS IT FOR  
Individuals ages 18-25 years who require support with their personal recovery journey, have a mental health diagnosis and are registered with a Birmingham GP.

IS THERE ANY COST  
No

IS A REFERRAL NEEDED  
Individuals can complete a membership form themselves OR they can be referred by another organisation.

WHEN AND WHERE  
Saturdays 12noon-3:00pm at Our Place Community Hub in Sutton Coldfield.  
Wednesdays at various community venues (TBC)
Youth Group.

CONTACT
Susie Walker

ADDRESS
The Trinity Centre,  
Church Hill,  
Sutton Coldfield,  
B72 1TF

PHONE NUMBER
07949 557015

E-MAIL
susiepwalker@yahoo.co.uk

WHAT WE DO
Fun, explore life issues, God, projects like putting on a play or filming, BBQs, giant monopoly/cluedo, whatever takes our fancy!

WHO IS IT FOR
Secondary school young people.

IS THERE ANY COST
Only if we go out, but there is a tuck shop.

IS A REFERRAL NEEDED
No, but please contact before coming.

WHEN AND WHERE
Meet every week at the Trinity Centre.  
Sunday 6:45 – 8:15pm
DIABETES UK
SUTTON
COLDFIELD

Local volunteer group for Diabetes UK, including guest speakers at meetings with help & support available before and after meetings.

CONTACT Iris Farley
Web address: www.diabetesuk-suttoncoldfield.co.uk

ADDRESS 165 Chingford Road,
Kingstanding,
Birmingham,
B44 0BL.

PHONE NUMBER 0121 350 6789

E-MAIL subscribe@diabetesuk-suttoncoldfield.co.uk

WHAT WE DO
We have ten meetings annually, with guest speakers on medical and local interest topics, provide help and advice on diabetes.

WHO IS IT FOR
People diagnosed with all types of diabetes, loved ones that live with people with diabetes or anybody interested in diabetes.

IS THERE ANY COST
No – and we have free hospital parking for people when attending our meetings.

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Partnership learning centre, good hope hospital, dates see website above.
DIVORCE RECOVERY WORKSHOP

We help individuals to come to terms with a marriage or relationship that has irretrievably broken down.

CONTACT
Elaine and Paul Syratt
Web address: www.drw.org.uk

ADDRESS
DRW Office @ Sutton Coldfield Baptist Church,
Trinity Hill,
Sutton Coldfield,
B72 1TA

PHONE NUMBER
07399 611620

E-MAIL
suttoncoldfield@drw.org.uk

WHAT WE DO
Each week there is a half hour video presentation followed by a small group discussion, led by trained facilitators who have been through the workshops themselves.

WHO IS IT FOR
Offered unconditionally to anyone who has experienced an irretrievable breakdown of a significant relationship.

IS THERE ANY COST
£60 for complete workshop.

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Twice a year – Spring and Autumn
Sutton Coldfield Baptist Church
DUKE STREET EXPLORE TOGETHER

A chance for people of any nationality to get together, spend time socialising, practice their English and learn about the Bible.

CONTACT       Mary Blackmore
               Web address: www.dukest.org

ADDRESS       Duke Street Church,
               Duke Street,
               Sutton Coldfield,
               B72 1RJ

PHONE NUMBER  0121 355 7319

E-MAIL        office@dukest.org

WHAT WE DO    We start with refreshments before looking at a Bible passage with time working through difficult words, as well as singing and enjoying time together.

WHO IS IT FOR  It is for people with English as a second language who would like to learn more English and who are interested in learning more about the Bible and the Christian faith.

IS THERE ANY COST  No

IS A REFERRAL NEEDED  No

WHEN AND WHERE  Thursdays, 10:00am, Fortnightly in the Belmont Suite at Duke Street Church.
**DUKE STREET FRIENDS & NEIGHBOURS**

A monthly get-together with visiting speakers on a wide range of topics, time to chat and share refreshments in a friendly, relaxed and informal setting.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Hazel Flemming or Roberta Sant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Web address:</td>
<td><a href="http://www.dukest.org">www.dukest.org</a></td>
</tr>
<tr>
<td>ADDRESS</td>
<td>Duke Street Church,</td>
</tr>
<tr>
<td></td>
<td>Duke Street,</td>
</tr>
<tr>
<td></td>
<td>Sutton Coldfield,</td>
</tr>
<tr>
<td></td>
<td>B72 1RJ</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 355 7319</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:office@dukest.org">office@dukest.org</a></td>
</tr>
<tr>
<td>WHAT WE DO</td>
<td>Each month we listen to a visiting speaker, after which there is time to chat and have refreshments. (Full programme available by contacting church office).</td>
</tr>
<tr>
<td>WHO IS IT FOR</td>
<td>Open to all.</td>
</tr>
<tr>
<td>IS THERE ANY COST</td>
<td>No</td>
</tr>
<tr>
<td>IS A REFERRAL NEEDED</td>
<td>No</td>
</tr>
<tr>
<td>WHEN AND WHERE</td>
<td>Second Wednesday evening of the month, 8:00pm. Duke Street Church.</td>
</tr>
</tbody>
</table>
An opportunity to get together whilst working on individual art projects.

**CONTACT**
Judit Jordan
Web address: www.dukest.org

**ADDRESS**
Duke Street Church,
Duke Street,
Sutton Coldfield,
B72 1RJ

**PHONE NUMBER**
0121 355 7319

**E-MAIL**
office@dukest.org

**WHAT WE DO**
Enjoy creating art together in a group of mixed abilities. Bring your own equipment, paints and subjects.

**WHO IS IT FOR**
It is for people with an interest in art at any level. Please note this is not a teaching class but help is available if required.

**IS THERE ANY COST**
No

**IS A REFERRAL NEEDED**
No

**WHEN AND WHERE**
Monday afternoons, twice a month, 1:30 - 3:30pm
Duke Street Church.
DUKE STREET RETIRED MEN’S FELLOWSHIP

A chance for retired men to socialise and listen to an interesting speaker in a relaxed atmosphere.

CONTACT
Nigel Crowther
Web address: www.dukest.org

ADDRESS
Duke Street Church,
Duke Street,
Sutton Coldfield,
B72 1RJ

PHONE NUMBER
0121 355 7319

E-MAIL
office@dukest.org

WHAT WE DO
Refreshments are serviced from 10.30am, followed by a talk and a chance to ask questions.

WHO IS IT FOR
Men of retirement age.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Wednesday mornings, fortnightly, 10:30am - 12:00noon in the Belmont Suite at Duke Street Church.
FALCON LODGE MESSY CHURCH

Church for all ages, church that is interactive. A theme is explored through art and craft and a meal is shared.

CONTACT
Tracey Gough
Web address: www.falconlodge.co.uk

ADDRESS
Newdigate Road,
Falcon Lodge,
B75 7ER

PHONE NUMBER
0121 3517756 / 07581 344061

E-MAIL
falconlodgemethodist@outlook.com
traceygough@hotmail.com

WHAT WE DO
Art and craft for an hour, followed by interactive worship and a meal.

WHO IS IT FOR
Children under 12 and their families. Children must be accompanied by an adult. Please let us know if you are joining us for catering purposes.

IS THERE ANY COST
No but donations welcome.

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Falcon Lodge Methodist Church
3:00 – 5:00pm on Saturdays four times a year.
Please contact us for the date of the next one.
We offer Sunday worship and Messy Church – a place to develop and grow as Christians.

**CONTACT**
Tracey Gough
Web address: [www.falconlodge.co.uk](http://www.falconlodge.co.uk)

**ADDRESS**
Newdigate Road,
Falcon Lodge,
B75 7ER

**PHONE NUMBER**
0121 351 7756 / 07581 344061

**E-MAIL**
falconlodgemethodist@outlook.com
traceygough@hotmail.com

**WHAT WE DO**
We meet for worship on Sundays and informally throughout the month.

**WHO IS IT FOR**
Anyone seeking to know God and become a disciple of Jesus.

**IS THERE ANY COST**
No

**IS A REFERRAL NEEDED**
No

**WHEN AND WHERE**
Sundays at 10:30am and 6:30pm
FOCUS BIRMINGHAM

Supporting visually impaired and disabled people, together with their carers, to live fulfilling and independent lives.

CONTACT
Jasmin Rana

ADDRESS
Focus Birmingham,
48-62 Woodville Road,
Harborne, Birmingham,
B17 9AT

PHONE NUMBER
0121 478 5200

E-MAIL
jasmin@focusbirmingham.org.uk

WHAT WE DO
We provide day care, Low Vision eye care services and community services providing information, advice and guidance as well as activity and social groups.

WHO IS IT FOR
For anyone experiencing sight loss or a disability.

IS THERE ANY COST
This varies depending upon which activity or service you require.
Contact our Help Line 0121 478 5200

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Contact our Help Line 0121 478 5200
**FOLIO SUTTON COLDFIELD**

We are a group supporting Sutton Coldfield libraries so they don’t just survive, but thrive in our community.

**CONTACT**
- Zoe Toft
- Web address: foliosuttoncoldfield.org.uk
- Twitter: @FOLIOsutcol
- Facebook: https://www.facebook.com/FOLIOSuttonColdfield/

**ADDRESS**
- We will be running out of Sutton Coldfield Library.

**PHONE NUMBER**
- E-MAIL: chair@foliosuttoncoldfield.org.uk

**WHAT WE DO**
- Through fundraising and activities we support and promote Sutton Coldfield library service and associated archives, facilitating educational, cultural and community events for all.

**WHO IS IT FOR**
- All who live/work in the area served by public libraries in the constituency of Sutton Coldfield.

**IS THERE ANY COST**
- No

**IS A REFERRAL NEEDED**
- Some events may be ticketed but many will be free for all.

**WHEN AND WHERE**
- Sutton Coldfield libraries, during opening hours.
Sutton Coldfield United Reformed Church and Real Life Church Food Bank.

CONTACT
Reverend David Walton

ADDRESS
c/o Sutton Coldfield URC, Brassington Ave, Sutton Coldfield, B73 6AA

PHONE NUMBER
0121 355 1217

E-MAIL
office@suttonurc.org.uk

WHAT WE DO
We supply hot food (Tuesday and Friday), food parcels and emergency short-term help for those in food poverty within the Sutton Coldfield area.

WHO IS IT FOR
Anyone in the Sutton Coldfield area.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Tuesday and Friday 11:30am – 1:30pm
Sutton Coldfield URC
FOOTSTEPS COUNSELLING and SUPPORT

Counselling Agency
Registered Charity Number: 1160943.

CONTACT Yaz Benson, Claire Kelly

ADDRESS Unit 6, Astor House,  
282 Lichfield Road,  
Four Oaks,  
Sutton Coldfield,  
B74 2UG

PHONE NUMBER 0121 308 7298 / 07757 509225

E-MAIL footsteps2013@yahoo.co.uk

WHAT WE DO We offer a free counselling service to our community.

WHO IS IT FOR We offer our free generic counselling service to clients from secondary school age upwards.

IS THERE ANY COST No

IS A REFERRAL NEEDED Yes.  
Telephone, email or postal.

WHEN AND WHERE All our services take place at the above address, by appointment only.
FRIDAY FRIENDS

A group for those who are newly diagnosed with some form of dementia or have memory problems.

CONTACT Kath, Ruth or Liz

ADDRESS Sutton Coldfield Methodist Church.

PHONE NUMBER 0121 291 4466
               0121 323 3425
               0121 354 6463

E-MAIL

WHAT WE DO A program of music, exercise, activities, games, outings and carer sessions.

WHO IS IT FOR For those who are newly diagnosed with some form of dementia or have memory problems.

IS THERE ANY COST £2 per meeting (reviewed annually).

IS A REFERRAL NEEDED Preferably but not mandatory.

WHEN AND WHERE Every Friday (except 2nd week) 10:30am - 12:30pm Sutton Coldfield Methodist Church.
<table>
<thead>
<tr>
<th><strong>GRANDPARENTS PLUS</strong></th>
<th>Support group for grandparents raising their grandchildren full-time.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CONTACT</strong></td>
<td>Philip Colthup (local support group contact) Web address: <a href="http://www.grandparentsplus.org.uk">www.grandparentsplus.org.uk</a></td>
</tr>
<tr>
<td><strong>ADDRESS</strong></td>
<td>1 Addington Square, London, SE5 0HF</td>
</tr>
<tr>
<td><strong>PHONE NUMBER</strong></td>
<td></td>
</tr>
<tr>
<td><strong>E- MAIL</strong></td>
<td><a href="mailto:philipandwendy@talktalk.net">philipandwendy@talktalk.net</a> (North Birmingham Group)</td>
</tr>
<tr>
<td><strong>WHAT WE DO</strong></td>
<td>Peer support, lobbying, providing information and signposting to relevant national and local organisations.</td>
</tr>
<tr>
<td><strong>WHO IS IT FOR</strong></td>
<td>Grandparents who are kinship carers.</td>
</tr>
<tr>
<td><strong>IS THERE ANY COST</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>IS A REFERRAL NEEDED</strong></td>
<td>No. Please make contact via email address above.</td>
</tr>
<tr>
<td><strong>WHEN AND WHERE</strong></td>
<td>North Birmingham Group meets in Sutton Coldfield 10:00 – 11:30am on 2nd Wednesday of each month during school term time.</td>
</tr>
</tbody>
</table>
Parent and Toddler Group.

CONTACT Margaret Le Brocq

ADDRESS The Trinity Centre, Church Hill, Mill St, Sutton Coldfield, B72 1TF

PHONE NUMBER 0121 321 1144

E-MAIL admin@htsc.org.uk

WHAT WE DO A time for pre-school toddlers & babies to play and parents or carers to meet over coffee. Bible story and song towards the end.

WHO IS IT FOR Pre-school toddlers and babies and their parents or carers.

IS THERE ANY COST £1 per session.

IS A REFERRAL NEEDED No

WHEN AND WHERE Wed 9:30-11:30am (term time only). Trinity Centre
Junior and adult choirs leading music for worship including weddings.

CONTACT
Stella Thebridge

ADDRESS
The Trinity Centre,
Church Hill, Mill St,
Sutton Coldfield,
B72 1TF

PHONE NUMBER
0121 321 1144

E-MAIL
admin@htsc.org.uk

WHAT WE DO
We sing a range of music for worship, in 4 part harmony. Some of us also play instruments to accompany the worship from time to time.

WHO IS IT FOR
Anyone with a reasonable singing voice. Junior choir is for children from age 7, teenagers and adults rehearse together.

IS THERE ANY COST
No, small remuneration to singers for weddings!

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Friday evenings
Juniors 6:30-7:00pm
Adults 7:15-8:30pm
### Holy Trinity Film Club

Film Club – film decided by vote on choice of five films for the next time at the beginning. Mainly recent releases.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Colin and Sue Inley</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td>The Trinity Centre, Church Hill, Mill Street, Sutton Coldfield, B72 1TF</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 321 1144</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:churchwarden@htsc.org.uk">churchwarden@htsc.org.uk</a></td>
</tr>
<tr>
<td>WHAT WE DO</td>
<td>Watch a variety of films. Ice creams available.</td>
</tr>
<tr>
<td>WHO IS IT FOR</td>
<td>Mainly adults for social evening.</td>
</tr>
<tr>
<td>IS THERE ANY COST</td>
<td>Membership fee £6 annually.</td>
</tr>
<tr>
<td>IS A REFERRAL NEEDED</td>
<td>No</td>
</tr>
<tr>
<td>WHEN AND WHERE</td>
<td>7:00pm on the first Monday of the month.</td>
</tr>
</tbody>
</table>
**HOLY TRINITY PARISH CHURCH**

**Anglican Church (Church of England).**

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Carole Young</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Web address: <a href="http://www.htsc.org.uk">www.htsc.org.uk</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>The Trinity Centre, Church Hill, Mill St, Sutton Coldfield, B72 1TF</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>PHONE NUMBER</th>
<th>0121 321 1144</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>E-MAIL</th>
<th><a href="mailto:admin@htsc.org.uk">admin@htsc.org.uk</a></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>WHAT WE DO</th>
<th>A friendly open parish church in the heart of Sutton Coldfield. Our churchmanship is ‘central’ and inclusive. We are a space to worship and learn.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>WHO IS IT FOR</th>
<th>All people of all ages and at all stages in their Christian faith.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>IS THERE ANY COST</th>
<th>No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>IS A REFERRAL NEEDED</th>
<th>No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>WHEN AND WHERE</th>
<th>Thurs 10:30am Holy Communion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sun 8:00am Holy Communion</td>
</tr>
<tr>
<td></td>
<td>Sun 10:00am Parish Communion</td>
</tr>
<tr>
<td></td>
<td>Sun 5:30pm Evening worship</td>
</tr>
<tr>
<td></td>
<td>See <a href="http://www.htsc.org.uk">www.htsc.org.uk</a> for details.</td>
</tr>
</tbody>
</table>
Offering support and friendship to families with at least one child under 5 years old.

CONTACT  Catherine Johnson

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

PHONE NUMBER  0121 321 2277

E-MAIL  info@homestartbnw.org.uk

WHAT WE DO  We offer home visiting or group support to families.

WHO IS IT FOR  Families with at least one child under 5 years old.

IS THERE ANY COST  No

IS A REFERRAL NEEDED  Yes. E-mail or telephone

WHEN AND WHERE  Family Group: Thursdays 10:00 - 11:30am during term time
IAG JOB CLUB

Helping unemployed people back into work.

CONTACT
Our Place Community Hub

ADDRESS
Our Place Community Hub,
Farthing Lane,
Sutton Coldfield,
B72 1RN

PHONE NUMBER
0121 354 4080

E-MAIL
iagjobclub@gmail.com

WHAT WE DO
We help people with CV’s, interview techniques,
online job search and confidence building.

WHO IS IT FOR
All unemployed people or anyone thinking of
changing jobs.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Tuesdays, Wednesdays and Thursdays 10am –
2:00pm.
Our Place Community Hub
A traditional youth club run by Sutton Coldfield Group churches (Holy Trinity, St Chad’s and St Peter’s).

CONTACT  
Susie Walker

ADDRESS  
The Trinity Centre,  
Church Hill,  
Sutton Coldfield,  
B72 1TF

PHONE NUMBER  
07949 557015

E-MAIL  
susiepwalker@yahoo.co.uk

WHAT WE DO  
Traditional youth club and safe space for members to have fun.

WHO IS IT FOR  
Children in School Years 5-7 (ish).

IS THERE ANY COST  
Free entry but there is a tuck-shop.

IS A REFERRAL NEEDED  
No, but best to contact me first rather than just turn up.

WHEN AND WHERE  
The Trinity Centre, Fridays in term time, 7:00 – 8:30pm
### JOKKS of HAZARD DADS & TODDLERS

A stay and play dads and toddlers group.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Mitch Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Web address</td>
<td><a href="http://www.dukest.org">www.dukest.org</a></td>
</tr>
<tr>
<td>ADDRESS</td>
<td>Duke Street Church, Duke Street, Sutton Coldfield, B72 1RJ</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 355 7319</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:office@dukest.org">office@dukest.org</a></td>
</tr>
<tr>
<td>WHAT WE DO</td>
<td>Fun activities for children and chance for dads to meet up. Juice and biscuits for children and hot drinks and bacon rolls for Dads.</td>
</tr>
<tr>
<td>WHO IS IT FOR</td>
<td>For dads, granddads, carers and children under 6.</td>
</tr>
<tr>
<td>IS THERE ANY COST</td>
<td>£2 for the first child and £1 for second.</td>
</tr>
<tr>
<td>IS A REFERRAL NEEDED</td>
<td>No</td>
</tr>
<tr>
<td>WHEN AND WHERE</td>
<td>2nd Saturday of the month 10.00 - 11:30am at Duke Street Church.</td>
</tr>
</tbody>
</table>
KALEIDOSCOPE

An informal gathering for men and women of all ages with crafts and table games.

CONTACT
Freda Webster

ADDRESS
Falcon Lodge Methodist Church
Newdigate Road,
Falcon Lodge,
B75 7ER

PHONE NUMBER
0121 378 0741

E-MAIL
fredakeith77@hotmail.com

WHAT WE DO
Make cards, knit and natter, table games, e.g. dominoes and a pause for thought.

WHO IS IT FOR
Adults, particularly over 50.

IS THERE ANY COST
£1.50 per person.

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Tuesdays between 2:00 & 4:00pm at Falcon Lodge Methodist Church. Disabled access at front of church.
We deliver services to disabled children and young people aged 0-25 alongside their families.

CONTACT  Gemma Taylor
ADDRESS  249 Birmingham Road,
          Sutton Coldfield,
          B72 1EA
PHONE NUMBER  0121 362 4565
E-MAIL  gemma.taylor@kids.org.uk
WHAT WE DO  We deliver short breaks for disabled children and offer nursery provision.
WHO IS IT FOR  Disabled children and families.
IS THERE ANY COST  We support families to access their Early Education Entitlement funding however there are places that can be purchased.
IS A REFERRAL NEEDED  Yes for short breaks service.
WHEN AND WHERE  Early years base in Wylde Green, also delivering short breaks in children’s centres across Birmingham.
Direct short breaks.
1:1 support at home or in the community for disabled children and young people.

CONTACT
Sally Hutchinson

ADDRESS
249 Birmingham Road,
Sutton Coldfield,
B72 1EA

PHONE NUMBER
0121 355 2707 / 0121 362 4577

E-MAIL
sallyann.hutchinson@kids.org.uk

WHAT WE DO
1:1 support at home or in the community; life skills, independent travel, support to attend groups. We offer a flexible package to support individual needs.

WHO IS IT FOR
Disabled children and young people.

IS THERE ANY COST
Yes. The service can be purchased through Direct payments, personal budgets, Disability living allowance, Employment Support Allowance and private/self-funding. The price varies depending on specific provision and level of care.

IS A REFERRAL NEEDED
Contact Sally Hutchinson.

WHEN AND WHERE
Flexible times at home and in the community.
We run vital life-changing services to disabled children and young people aged 0-25 along with their families.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Liz Cunningham</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td>249 Birmingham Road,</td>
</tr>
<tr>
<td></td>
<td>Sutton Coldfield,</td>
</tr>
<tr>
<td></td>
<td>B72 1EA</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 355 2707</td>
</tr>
<tr>
<td>E- MAIL</td>
<td><a href="mailto:elizabeth.cunningham@kids.org.uk">elizabeth.cunningham@kids.org.uk</a></td>
</tr>
<tr>
<td>WHAT WE DO</td>
<td>We hire out a holiday caravan just outside Broadway in the Cotswolds.</td>
</tr>
<tr>
<td>WHO IS IT FOR</td>
<td>Families and carers with disabled children, young people and adults.</td>
</tr>
<tr>
<td>IS THERE ANY COST</td>
<td>Yes, variable depending on time of booking.</td>
</tr>
<tr>
<td>IS A REFERRAL NEEDED</td>
<td>No</td>
</tr>
<tr>
<td>WHEN AND WHERE</td>
<td></td>
</tr>
</tbody>
</table>
**KNIT and NATTER**

We knit and stitch while having a chat for a couple of hours once a month.

**CONTACT**
Mrs Sue Ingley

**ADDRESS**
The Trinity Centre, Church Hill, Mill Street, Sutton Coldfield, B72 1TF

**PHONE NUMBER**
0121 321 1144

**E-MAIL**
admin@htsc.org.uk

**WHAT WE DO**
We knit and stitch and natter for a couple of hours each month, bringing our own craft projects to work on whilst we chat. The emphasis is on the “Natter” so there is no need for particular craft skills.

**WHO IS IT FOR**
Everyone who likes to chat whilst they knit or stitch.

**IS THERE ANY COST**
No

**IS A REFERRAL NEEDED**
No

**WHEN AND WHERE**
On the second Monday of every month between 2:00 and 4:00pm at Holy Trinity Parish Church, Church Hill, Sutton Coldfield, B72 1TF.
LINDRIDGE ENTERPRISES

Charity to enable more people with disabilities to receive positive and meaningful work opportunities, skills and training.

CONTACT
Vicki Day
Web address: lindridge-enterprises.org

ADDRESS
Lindridge Farm, Lindridge Road, Sutton Coldfield, B75 7JB.

PHONE NUMBER
07708 512232

E-MAIL
vicki@lindridge-enterprises.org

WHAT WE DO
Community Café at Falcon Lodge Methodist Church each Wednesday to boost community, social inclusion and provide work experience for young people.

WHO IS IT FOR
Open to all! We will serve affordable food and drink and provide activities for all ages.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Wednesday 10:30am-2:00pm
Falcon Lodge Methodist Church, B75 7ER.
LACA is a charity organisation serving the area of Little Aston & the surrounding neighbourhood. It has three sub-sections; Theatre Group, Twinning & Walking Group.

CONTACT
Stephen Bennett – Chairman
Web address: www.laca-org.co.uk

ADDRESS
10 Hathaway Road,
Four Oaks,
Sutton Coldfield,
B75 5JB

PHONE NUMBER
0121 308 4947

E-MAIL
info@laca-org.co.uk

WHAT WE DO
Theatre group organises days out, theatre visits, extended UK & continental breaks. Twinning alternates visits to St Georges in Burgundy with hosting the French in your own homes. Walking group arranges walks in the local area.

WHO IS IT FOR
The association is open to all age groups however the vast majority are retired people who maybe have lost their spouse & would benefit from meeting others in the same position.

IS THERE ANY COST
Yes - £6.50 annual subscription.

IS A REFERRAL NEEDED
No - visit the Web Site for contact details or speak to the chairman.

WHEN AND WHERE
Theatre group meets every month at Mere Green Community centre.
A stay and play toddler group.

**LITTLE JOOKS TODDLERS GROUP**

**CONTACT**  
Trid Johnson  
Web address: [www.dukest.org](http://www.dukest.org)

**ADDRESS**  
Duke Street Church,  
Duke Street,  
Sutton Coldfield,  
B72 1RJ

**PHONE NUMBER**  
0121 355 7319

**E-MAIL**  
office@dukest.org

**WHAT WE DO**  
Tea, coffee and toast is available between 9:00 – 10:30am while the children play followed by story time, craft and singing.

**WHO IS IT FOR**  
For parents, carers and toddlers. All are very welcome (craft activities are best suited to children aged 18 months - 3 years).

**IS THERE ANY COST**  
£1.50 for first child and 50p for each extra child.

**IS A REFERRAL NEEDED**  
No

**WHEN AND WHERE**  
Tuesday mornings, 9:00 – 10:30am (Term time only) at Duke Street Church.
**LODGE LUNCHES**

An affordable meal for all ages on the 3rd Wednesday of the month during term time.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Tracey Gough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Web address</td>
<td><a href="http://www.falconlodge.co.uk">www.falconlodge.co.uk</a></td>
</tr>
<tr>
<td>ADDRESS</td>
<td>Falcon Lodge Methodist Church</td>
</tr>
<tr>
<td></td>
<td>Newdigate Road,</td>
</tr>
<tr>
<td></td>
<td>Falcon Lodge,</td>
</tr>
<tr>
<td></td>
<td>B75 7ER</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 351 7756 / 07581 344061</td>
</tr>
<tr>
<td>E- MAIL</td>
<td><a href="mailto:falconlodgemethodist@outlook.com">falconlodgemethodist@outlook.com</a></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:traceygough@hotmail.com">traceygough@hotmail.com</a></td>
</tr>
<tr>
<td>WHAT WE DO</td>
<td>A café style gathering offering a two course meal and a drink.</td>
</tr>
<tr>
<td>WHO IS IT FOR</td>
<td>Anyone</td>
</tr>
<tr>
<td>IS THERE ANY</td>
<td>£3.50 per adult £2 per child.</td>
</tr>
<tr>
<td>COST</td>
<td></td>
</tr>
<tr>
<td>IS A REFERRAL</td>
<td>No</td>
</tr>
<tr>
<td>NEEDED</td>
<td></td>
</tr>
<tr>
<td>WHEN AND WHERE</td>
<td>Falcon Lodge Methodist Church</td>
</tr>
<tr>
<td></td>
<td>11:30am – 1:00pm on the 3rd Wednesday of each month in term time.</td>
</tr>
</tbody>
</table>
LYMPHOMA ASSOCIATION

The UK’s only charity focused exclusively on providing specialist information, education and support to help people affected by lymphoma.

CONTACT
Emma Venner – Information and Support Manager

ADDRESS
3 Cromwell Court,
New Street,
Aylesbury,
HP20 2PB

PHONE NUMBER
08088 085555 (free phone help line)

E-MAIL
information@lymphomas.org.uk

WHAT WE DO
Through information, education, support and influence, we will make sure no-one has to face their lymphoma alone.

WHO IS IT FOR
Lymphoma patients, their relatives, friends and carers and health professionals.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No

WHEN AND WHERE
We have a support group in Sutton Coldfield at Panel Room, Sutton Park Toby Carvery, B74 2YT. Second Tuesday of most months from 7:00pm (winter) and 7:30pm (summer).
MEMORY CAFÉ

A safe place where people living with dementia and their carers can meet, make friends and have fun.

CONTACT
Sue Bevington

ADDRESS
C/O HISC, 2nd Floor
Plantsbrook House,
94 The Parade,
Sutton Coldfield,
B72 1PH.

PHONE NUMBER
0121 323 4200

E-MAIL
sue.bevington@homeinstead.co.uk

WHAT WE DO
We are a supportive, engaging and non-judgemental group providing information, activities and a great social occasion to reduce isolation in those with dementia.

WHO IS IT FOR
Anyone with any degree of memory loss and their carer / family member.

IS THERE ANY COST
No but donations towards our activities are welcome.

IS A REFERRAL NEEDED
No

WHEN AND WHERE
St James Church Centre, Mere Green Road, Sutton Coldfield, B75 5BW.
Mondays 1:30 – 3:30pm
Thursdays 10:00am – 12:00noon
MESSY CHURCH
CHESTER ROAD
BAPTIST CHURCH

An informal two hours of games, crafts, activities, songs, Bible stories and a hot meal.

CONTACT  Church Office
Web address:  www.chesterroadbc.org.uk

ADDRESS  Chester Road Baptist Church,
Sutton Coldfield,
B73 5HU

PHONE NUMBER  0121 350 2779 (mornings)

E- MAIL  office@chesterroadbc.org.uk

WHAT WE DO  An hour of crafts and games, a short act of worship, followed by a community meal.

WHO IS IT FOR  Anyone, any age (but children must be accompanied by a supervising adult).

IS THERE ANY COST  Donations.

IS A REFERRAL NEEDED  No

WHEN AND WHERE  Second Saturday each month.
3:00 – 5:00pm
Chester Road Baptist Church.
**MESSY CHURCH**

**UNITED REFORMED CHURCH**

Messy Church is a way of being church for families involving fun, creativity, hospitality and celebration, stories and cake.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Mrs Pat Broughton</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td>Sutton Coldfield United Reformed Church, Brassington Ave, Sutton Coldfield, B73 6AA</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 355 1217</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:office@suttonurc.org.uk">office@suttonurc.org.uk</a></td>
</tr>
</tbody>
</table>

**WHAT WE DO**

Have fun, craft activities around a theme, hear a story, sing, say prayers and eat cake.

**WHO IS IT FOR**

Families, all ages welcome.

**IS THERE ANY COST**

No

**IS A REFERRAL NEEDED**

No

**WHEN AND WHERE**

Second Saturday of the month (except August) at 2:00-4:00pm.
Sutton Coldfield United Reformed Church.
MESSY TOTS

A friendly mother/carer and toddler group catering for pre-school children.

CONTACT
Patricia Broughton

ADDRESS
Sutton Coldfield United Reformed Church,
Brassington Ave,
Sutton Coldfield,
B73 6AA

PHONE NUMBER
0121 355 1217

E-MAIL
office@suttonurc.org.uk

WHAT WE DO
We provide a wide range of activities for pre-school children.

WHO IS IT FOR
Pre-school children and their carers (no child-minders).

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No, but there may be a waiting list.

WHEN AND WHERE
Mondays 10:00 – 11:30am
Term time only
Sutton Coldfield United Reformed Church.
The aim is to bring neighbours together to create strong, friendly, active communities where crime and anti-social behaviour are less likely to happen.

CONTACT
Reg Banks
Web address: www.ourwatch.org.uk

ADDRESS
Wigston Police Station,
Bull Head Street,
Wigston,
Leicester,
LE18 1WX.

PHONE NUMBER
07799 791617

E-MAIL
enquiries@ourwatch.org.uk

WHAT WE DO
Neighbourhood Watch is about making sure that fewer people feel afraid, vulnerable or isolated in the place where they live.

WHO IS IT FOR
All

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Anytime anywhere.
NEW HEIGHTS
DOMESTIC ABUSE
COUNSELLING
SERVICE

Counselling and support services for women and men over the age of 16 who have experienced or been affected by domestic abuse at any time in their lives.

CONTACT
Becky Roberts
Web address: new-heights.org.uk/services/our-services/domestic-violence/

ADDRESS
Main office: 108 Warren Farm Road, Kingstanding, Birmingham, B44 0QN.

PHONE NUMBER
07753 224 835 or 0121 386 4345

E-MAIL
counselling@new-heights.org.uk

WHAT WE DO
We offer individual one-to-one counselling support locally, providing a safe, supportive place to explore and work through experiences of abuse. Counsellors are members of the British Association for Counselling and Psychotherapy and subject to its Ethical Framework.

WHO IS IT FOR
Anyone over the age of 16 who has experienced or been affected by domestic abuse at any time in their lives. Domestic abuse may or may not include physical or sexual violence, may be inflicted by an intimate partner or other family member, and may affect people of any gender or sexuality.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Clients can self-refer: contact the Counselling Service by phone, text, or email for more information.

WHEN AND WHERE
Central Sutton Coldfield and the Falcon Lodge area, weekdays in school term time only. (We also work in Kingstanding and Castle Vale.)
OUR PLACE COMMUNITY HUB

A community hub which provides a range of local agencies with the space and facilities to conduct their services.

CONTACT
Kelly Round
Web address: ourplacecommunityhub.org

ADDRESS
Farthing Lane,
Sutton Coldfield,
B72 1RN

PHONE NUMBER
0121 354 4080

E-MAIL
kellyround@ourplacecommunityhub.org

WHAT WE DO
We deliver advice and support to the local community on a range of issues. We also offer low cost room hire to third sector organisations to enable them to bring further advice and support provision to the Sutton Coldfield community. Rooms can be hired from just £6 per hour. Space available is suitable for 1:1 delivery or group sessions/training.

WHO IS IT FOR
The local community.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Open: Monday – Friday but weekends as required.
Mentoring and support services for children and families.

**CONTACT**
Kelly Round  
Web address: ourplacecommunityhub.org

**ADDRESS**
Farthing Lane,  
Sutton Coldfield,  
B72 1RN

**PHONE NUMBER**
0121 354 4080

**E-MAIL**
mentoring@ourplacecommunityhub.org

**WHAT WE DO**
We offer tailored support on a one to one and group work basis for a wide range of issues including anger, confidence, loss and parenting.

**WHO IS IT FOR**
Aged 7 and over.

**IS THERE ANY COST**
Sessions are £26.50 per hour or free of charge to those that attend an Our Place School.

**IS A REFERRAL NEEDED**
Yes – please contact mentoring@ourplacecommunityhub.org.

**WHEN AND WHERE**
At Our Place Community Hub and within local schools.
A group of Alexander Technique teachers who teach private 1:1 lessons, introductory courses and college and Uni students.

CONTACT
Jayne Byrne/Lesley Mycroft/Roger Dicker
Web address: www.paat.org.uk

ADDRESS
info@paat.org.uk

PHONE NUMBER
0121 308 7846 / 01283 792432 / 07551 626563

E-MAIL
paatsuttoncoldfield@gmail.com

WHAT WE DO
We teach the Alexander Technique to help people to bring about personal change.

WHO IS IT FOR
Any adult.

IS THERE ANY COST
The cost of the ten week introductory course is £95. Private lessons are £30 for half an hour.

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Sutton Coldfield URC – please call for details.
Faith Nurse working at Sutton Coldfield United Reformed Church.

CONTACT Sandra Anthony

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

PHONE NUMBER 07759 979775

E-MAIL office@suttonurc.org.uk

WHAT WE DO Registered nurse working within the faith and wider community offering; support, health advice, advocacy, signposting or just a listening ear. A bereavement support group is held each month.

WHO IS IT FOR Local community.
All faiths or none.

IS THERE ANY COST No

IS A REFERRAL NEEDED No but advisable to ring first.

WHEN AND WHERE Monday and Thursday
Bereavement support group 1st Friday of each month 2:00 – 4:00pm.
Sutton Coldfield URC
PARKINSON’S SUPPORT GROUP

Provide support for local people diagnosed with or caring for someone with Parkinson’s Disease.

CONTACT John Carrington

ADDRESS Royal Sutton Coldfield and North Birmingham Parkinson’s Support Group,
40 Grosvenor Close,
Sutton Coldfield,
B75 6RP

PHONE NUMBER 0121 308 7826

E-MAIL sectparkinsonsnorthbirmingham@gmail.com

WHAT WE DO Provide support and exercise classes for local people diagnosed with or caring for someone with Parkinson’s Disease.

WHO IS IT FOR People diagnosed with or caring for someone with Parkinson’s – ‘Anyone touched by Parkinson’s.

IS THERE ANY COST £2.00 per session.

IS A REFERRAL NEEDED No just turn up.

WHEN AND WHERE Every Thursday between 1:45pm – 3:45pm
South Parade Methodist Church, Sutton Coldfield
A chance to meet and chat over a cup of coffee or tea with Fairtrade biscuits.

**CONTACT**
Anne Horton

**ADDRESS**
Wylde Green United Reformed Church,
Britwell Road,
Sutton Coldfield,
B73 5SW

**PHONE NUMBER**
0121 258 4344

**E-MAIL**
Anne.horton@hotmail.co.uk

**WHAT WE DO**
We offer Fairtrade tea, coffee and biscuits at a nominal charge, with the chance for chat.

**WHO IS IT FOR**
Everyone is welcome.

**IS THERE ANY COST**
50p for tea and coffee.

**IS A REFERRAL NEEDED**
No

**WHEN AND WHERE**
Thurs (twice a month) 10:00-11:30am.
Please call to find out the next date.
Wylde Green URC.
We give information and advice to men who are diagnosed with prostate cancer or benign problems.

CONTACT Joe Dyke

ADDRESS c/o Good Hope Hospital.

PHONE NUMBER 0121 686 6491

E-MAIL jdyke236@gmail.com

WHAT WE DO We offer one to one or group help at meetings or at home if we can manage it.

WHO IS IT FOR Men diagnosed with prostate cancer or benign problems.

IS THERE ANY COST No

IS A REFERRAL NEEDED Please phone for further information.

WHEN AND WHERE Last Wednesday each month, 2:30pm. Partnership Learning Centre, Good Hope Hospital.
## REAL LIFE CHURCH

Real Life Church is a vibrant church in Sutton Coldfield that is part of the Newfrontiers family of churches.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Stuart Crane</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td>Find out all about us on our web site at <a href="http://www.findreallife.co.uk">www.findreallife.co.uk</a></td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>07929 124592</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:info@findreallife.co.uk">info@findreallife.co.uk</a></td>
</tr>
</tbody>
</table>

### WHAT WE DO

We are a growing group of men, women and children who have been changed by an encounter with Jesus and live that out in everyday life. As a church we love to meet God, be together and have fun, eat cake, study the Bible, serve the needy and see lives impacted by the power of Jesus.

### WHO IS IT FOR

Anyone who knows Jesus or would like to find out more about him.

### IS THERE ANY COST

No

### IS A REFERRAL NEEDED

No

### WHEN AND WHERE

We meet on Sundays (10:30am) at:
Sutton Coldfield Grammar School for Girls, Jockey Road, Sutton Coldfield, B73 5PT
A project started in May 2017 aiming to promote health and wellbeing.

**CONTACT**
Mavis Cunningham
Web address: Facebook: refreshmindbodyspirit

**ADDRESS**
No premises currently. Contact Mavis by phone or facebook.

**PHONE NUMBER**
0121 308 2142 or 07770 419660

**E-MAIL**

**WHAT WE DO**
Refresh offers: Dru yoga classes, healthy tasting lunches, wellbeing talks and meditation. It is open to all ages but not currently suitable for children.

**WHO IS IT FOR**
For all those who wish to meet with others and also maintain or improve health and wellbeing.

**IS THERE ANY COST**
Yes. Small donations requested to cover costs of each activity and lunch.

**IS A REFERRAL NEEDED**
No. Contact Mavis for more information or drop in on Wednesdays.

**WHEN AND WHERE**
Quinney Hall, Canwell, B75 5SD on Wednesdays 10:00 to 14:00.
REMAP is a National Charity working through Local Panels making and adapting products for disabled persons.

CONTACT  Philip Watts (Chairman - West Midlands Panel)  
Web site:  www.remap.org.uk

ADDRESS  83 Little Sutton Lane,  
Sutton Coldfield,  
West Midlands,  
B75 6SJ

PHONE NUMBER  0121 308 7838

E- MAIL  WestMids.Chairman@remapgroups.org.uk

WHAT WE DO  REMAP produces tailor-made products intended to enable persons with a disability to live as independently as possible in their everyday lives.

WHO IS IT FOR  Anybody with any form of disability who would benefit from the use of a device or item of technology.

IS THERE ANY COST  No

IS A REFERRAL NEEDED  No. Self-referral may be made either through the local contact or through the National website at www.remap.org.uk

WHEN AND WHERE  Any time. Home visits normally made during weekdays.
Salus Fatigue Foundation was founded and is run by people who have had ME/CFS and Fibromyalgia for people with chronic fatigue conditions.

**CONTACT**

Linda Jones
Web address: [www.salus.org.uk](http://www.salus.org.uk)

**ADDRESS**

26A Lichfield Rd, Sutton Coldfield, B74 2NJ
and other locations across South Birmingham and Solihull.

**PHONE NUMBER**

07809 246674

**E-MAIL**

info@salus.org.uk

**WHAT WE DO**

We offer a range of support sessions and educational workshops, in a safe and friendly environment that may help individuals to manage their symptoms.

**WHO IS IT FOR**

For individuals and their families and carers with Chronic Fatigue Syndrome/Myalgic Encephalomyelitis and related conditions.

**IS THERE ANY COST**

We appreciate donations towards room hire and refreshments.

**IS A REFERRAL NEEDED**

No, but we do encourage individuals to consult their GP for a formal diagnosis.

**WHEN AND WHERE**

See calendar of activities at [www.salus.org.uk/calendar/](http://www.salus.org.uk/calendar/)
SECOND THOUGHTS PROJECT

A community project which has a shop on the Falcon Lodge Estate, a food bank and offers help and information with life issues.

CONTACT
Georgina Whateley
Denise Taylor

ADDRESS
Second Thoughts
23 Churchill Parade,
Falcon Lodge,
B75 7LD

PHONE NUMBER
0121 311 2892

E-MAIL
secondthoughts@scbc.org.uk

WHAT WE DO
We serve free tea and coffee and sell good quality second hand goods at reasonable prices. There are several interest groups that meet there too. It is also a collection point for the food bank.

WHO IS IT FOR
The residents of Falcon Lodge and anyone else who wishes to call in.

IS THERE ANY COST
If you wish to purchase goods.

IS A REFERRAL NEEDED
Not for the shop but for the food bank you should contact the office (0121 355 5088).

WHEN AND WHERE
The shop is open Monday to Friday 9:15am – 3:00pm.
Church hall available for hire for regular or one off events.

CONTACT Hazel Geddes

ADDRESS Hollyfield Road, Sutton Coldfield, B75 7SN

PHONE NUMBER 0121 378 2705

E-MAIL adstchads@hotmail.co.uk

WHAT WE DO Church hall available for hire for regular or one off events.

WHO IS IT FOR The whole community.

IS THERE ANY COST Hire charges apply (competitive rates).

IS A REFERRAL NEEDED No

WHEN AND WHERE Hall and room bookings available throughout the week for regular or one off events for individuals, families, local groups or commercial businesses.
CONTACT
Rev’d Jonathan Nicholas
Web address: stchadssuttoncoldfield.org.uk

ADDRESS
Hollyfield Road,
Sutton Coldfield,
B75 7SN

PHONE NUMBER
0121 329 2995

E- MAIL
vicar@stchadssuttoncoldfield.org

WHAT WE DO
A worshipping community serving the local community.

WHO IS IT FOR
The whole community.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
No

WHEN AND WHERE
Sunday services:
8am Holy Communion
10:30am Communion or Family Service
6:30pm Evening Service
We offer worship services, all age craft/worship events, small group meetings, social events. Church hall may be hired.

CONTACT  
Rev Richard Tucker  
Web address: www.saintcolumbas.co.uk

ADDRESS  
Banners Gate Road,  
B73 6TX

PHONE NUMBER  
0121 354 5873.  
Hall hire – Margaret Warner 0121 355 1303

E-MAIL  
richardtucker@tiscali.co.uk

WHAT WE DO  
The vicar is responsible for leading the church and its spiritual welfare.

WHO IS IT FOR  
Everybody, especially those who would like to join us in worship or social activity.

IS THERE ANY COST  
During worship a collection is taken, giving is up to the worshipper. Social events may have a small cost.

IS A REFERRAL NEEDED  
No

WHEN AND WHERE  
Main service Sunday 10:00am.  
Holy Communion Thursday 10:00am.  
Messy Church once a month Sunday 4:00 – 6:00pm.  
All activities are on the website www.saintcolumbas.co.uk and in Gatepost community freesheet.
**ST GILES HOSPICE, WHITTINGTON LICHFIELD**

We offer specialist care for patients with cancer/other serious illnesses, as well as providing support for their families/Helpers.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Ian Leech</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td>St Giles Hospice, Fisherwick Road, Whittington, Lichfield, WS14 9LH</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>01543 432031</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:ian.leech@stgileshospice.com">ian.leech@stgileshospice.com</a></td>
</tr>
</tbody>
</table>

**WHAT WE DO**
Help to create compassionate communities enabling people to access information and support; work with the bereaved.

**WHO IS IT FOR**
Our inpatient unit and community support work is for anyone within the Sutton Coldfield area as well as Staffordshire.

**IS THERE ANY COST**
For supportive care work with businesses and schools there is a cost, but this can be met by holding fundraising events.

**IS A REFERRAL NEEDED**
Referral for inpatient/day hospice via consultant/GP. Support of bereaved differs between adult and child.

**WHEN AND WHERE**
Hospice is 24/7. Day Hospice Mon - Fri
Bereavement support by arrangement.
**ST GILES SUPPORTIVE CARE CENTRE**  
**SUTTON COLDFIELD**

Monday to Friday Centre providing information and support to anyone, including friends and family, who are affected by an illness that may not be curable.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Julie Nicholas / Linda Bridges</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td>St Giles Supportive Care Centre, Lindridge Road, Sutton Coldfield, B75 6JB</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 378 6290/6297</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:Julie.Nicholas@stgileshospice.com">Julie.Nicholas@stgileshospice.com</a> <a href="mailto:Linda.Bridges@stgileshospice.com">Linda.Bridges@stgileshospice.com</a></td>
</tr>
</tbody>
</table>

**WHAT WE DO**  
Bereavement drop-in, Lunch Club, Coffee Mornings, MS Exercise Sessions, Support Group for clients with Pulmonary Fibrosis, 1:1 support/counselling sessions, Complimentary Therapy, Clinic for St Giles Lymphodoema patients, Walking Group, Singing Group.

**WHO IS IT FOR**  
For clients, including family, friends and carers of anyone affected by an illness that may not be curable..

**IS THERE ANY COST**  
No, but small donation for exercise group and some complimentary therapy sessions.

**IS A REFERRAL NEEDED**  
For some sessions.

**WHEN AND WHERE**  
Monday – Friday (9:00am – 5:00pm) or drop in or visit the café anytime. For more info please telephone.
**ST PETER’S CHURCH MANEY**

St Peter’s is a Church of England Church serving the Parish of Maney.

| CONTACT            | Revd. Canon Dr Matthew Rhodes  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Web address: <a href="http://www.stpetersmaney.org.uk">www.stpetersmaney.org.uk</a></td>
</tr>
</tbody>
</table>

| ADDRESS            | St Peter’s Church,  
|--------------------| Maney Hill Road,  
|                    | Sutton Coldfield,  
|                    | B72 1JJ             |

| PHONE NUMBER       | 0121 354 2426 / 0121 355 6952 |

| E-MAIL             | vicarofmaney@gmail.com  
|--------------------| officestpetersmaney@yahoo.co.uk |

| WHAT WE DO         | St Peter’s is a Christian Community of people from  
|--------------------| Sutton Coldfield. It provides facilities for local community groups. |

| WHO IS IT FOR      | Anyone! |

| IS THERE ANY COST  | No.  
|--------------------| Charges apply for hall hire – see website for details. |

| IS A REFERRAL NEEDED | No |

| WHEN AND WHERE      | Services are Sundays at 8:00am, 10:30am and 6:30pm. Church groups meet in the hall on Tuesday afternoons. |
An organisation for people with learning difficulties to give them a meaningful work experience in a café, craft, independent living skills.

**CONTACT**
Ark Community Church
Web address: steppingstonesprojects.org.uk

**ADDRESS**
Chapel,
St James Close,
Mere Green,
Sutton Coldfield, B75 5EH

**PHONE NUMBER**
07891 510205 (Stephanie Brown)
07985 753653 (Steven Eaves)

**E-MAIL**
steph@steppingstonesprojects.org.uk

**WHAT WE DO**
Teaching independent living skills to adults with learning difficulties.

**WHO IS IT FOR**
Adults with learning difficulties.

**IS THERE ANY COST**
Yes. £35 per session per person.

**IS A REFERRAL NEEDED**
Enquiries welcome.

**WHEN AND WHERE**
Monday – St James (Café)
Thursday (Sutton Coldfield URC) Café,
Tuesday & Wednesday Sutton Coldfield URC – Craft and Keep Fit.
STROKE ASSOC
FAMILY & CARER SUPPORT SERVICE


CONTACT Jill Wardlaw & Loena Wood

ADDRESS Ward 24,
Good Hope Hospital,
Sutton Coldfield,
B75 7RR

PHONE NUMBER 0121 424 9466

E-MAIL jill.wardlaw@stroke.org.uk
lorna.wood@stroke.org.uk

WHAT WE DO Provide advice, support and information to stroke survivors and carers. Home visiting and telephone support.

WHO IS IT FOR Stroke survivors and carers.

IS THERE ANY COST No

IS A REFERRAL NEEDED You can self refer within a year of a stroke.

WHEN AND WHERE Monday – Friday 8:00am - 3:30pm.
SUTTON COLDFIELD AND ERDINGTON LIONS CLUB

The Club is part of an international organisation that gives support to individuals and charities in the local area.

CONTACT
David Williams

ADDRESS
Lions Clubs International, MD 105 Headquarters, 257 Alcester Road South, Birmingham, B14 6DT

PHONE NUMBER
0121 354 9145

E-MAIL
dowillions@btinternet.com

WHAT WE DO
The Club gives time to supports charity events. A limited amount of funds are raised for distribution to worthwhile causes. The Club has social events.

WHO IS IT FOR
The Club considers helping individuals and groups that are unable to get funds from other sources and where our intervention would be most beneficial.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Requests for assistance can be made through the contact details.

WHEN AND WHERE
The Club meets on the first Wednesday of each month at the Ramada Hotel, Penns Lane. Requests are considered by the Club members at this meeting.
A friendly, social bowling club which meets all year round.

**CONTACT**  
Amanda Hume  
Web address:  
www.suttoncoldfieldmethodistchurch.co.uk/bowls.htm

**ADDRESS**  
16 South Parade,  
Sutton Coldfield,  
B72 1QY

**PHONE NUMBER**  
07890 645052

**E-MAIL**  
bowling@suttoncoldfieldmethodistchurch.co.uk

**WHAT WE DO**  
We play social bowls 3 times a week – flat green in the summer months and indoors on 2 carpet mats in the winter months.

**WHO IS IT FOR**  
Open to all who want to have a go. Age, ability or disability are no barriers. We have bowlers from in their 30s up to their 90s!

**IS THERE ANY COST**  
Have a go for free and then pay as you play or join for the season.

**IS A REFERRAL NEEDED**  
No – just turn up and have a go for free.

**WHEN AND WHERE**  
South Parade Community Centre every Wednesday and Saturday afternoon 2:30- 4:00 and Monday evenings (outdoor, summer) 6:30 -8:00 and afternoons (winter) 2:30 – 4:00.
SUTTON COLDFIELD SPEAKER’S CLUB

Gain confidence and experience in public speaking. Members constructively evaluate each other’s performance in order to help them make progress.

CONTACT Pam Collins (President)
Web address: www.suttonspeakers.co.uk

ADDRESS N/A

PHONE NUMBER 0121 355 6390

E-MAIL info@suttonspeakers.co.uk

WHAT WE DO We each take a turn at making a speech (6 - 8 minutes), chairing the meeting, evaluating the speeches of others, and making impromptu speeches. More advanced members enter competitions.

WHO IS IT FOR Anyone who wants to gain confidence and improve their public speaking.


IS A REFERRAL NEEDED No.

WHEN AND WHERE 2nd & 4th Thursdays in the month (except holiday periods). Aston Wood Golf Club, Blake Street, Sutton Coldfield.
<table>
<thead>
<tr>
<th><strong>SUTTON COLDFIELD STROKE CLUB</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>To improve the quality of life of stroke survivors; to support the family and provide information.</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CONTACT</strong></th>
<th>Angela Lavender</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADDRESS</strong></td>
<td>c/o 117 The Boulevard, Sutton Coldfield, B73 5JE</td>
</tr>
<tr>
<td><strong>PHONE NUMBER</strong></td>
<td>0121 686 5755</td>
</tr>
<tr>
<td><strong>E-MAIL</strong></td>
<td><a href="mailto:angela.lavender2@gmail.com">angela.lavender2@gmail.com</a></td>
</tr>
<tr>
<td><strong>WHAT WE DO</strong></td>
<td>Physiotherapy, speech therapy, exercise, craft activities, games, quizzes, outings, lunch, speakers, entertainment and carer support.</td>
</tr>
<tr>
<td><strong>WHO IS IT FOR</strong></td>
<td>Stroke survivors.</td>
</tr>
<tr>
<td><strong>IS THERE ANY COST</strong></td>
<td>£10 per meeting (reviewed annually).</td>
</tr>
<tr>
<td><strong>IS A REFERRAL NEEDED</strong></td>
<td>Yes, please contact Angela for details.</td>
</tr>
<tr>
<td><strong>WHEN AND WHERE</strong></td>
<td>We meet twice monthly at the URC.</td>
</tr>
</tbody>
</table>
CONTACT  Rev David Walton
Web address:  suttonurc.org.uk

ADDRESS  Sutton Coldfield United Reformed Church,
Brassington Ave,
Sutton Coldfield,
B73 6AA

PHONE NUMBER  0121 355 1217

E-MAIL  office@suttonurc.org.uk

WHAT WE DO  Christian worship and learning services.
Café Oasis (Mon, Tues, Fri).
A place for meeting others.

WHO IS IT FOR  All

IS THERE ANY COST  No

IS A REFERRAL NEEDED  No

WHEN AND WHERE  Sunday morning worship 10:30am.
Sunday evening worship 6:30pm on 4th Sunday.
Tuesday morning with prayers for healing 10:15am.
Messy Church at 2:00pm on 2nd Saturday of the month.
Sutton Coldfield United Reformed Church.
Activities for under 5s, parenting courses, family support, children’s centre services.

CONTACT
Fiona Godwin
Web address: suttonlocality.childrencentres.org

ADDRESS
C/o Four Oaks Children’s Centre,
Arthur Terry School,
B74 4RZ

PHONE NUMBER
0121 323 1121

E-MAIL
fgodwin@arthurterry.bham.sch.uk
twitter @FourOaksCC

WHAT WE DO
We provide access to a range of services and information for parents and families of children under 5 years. We offer family support via our Family Support Team.

WHO IS IT FOR
Children under 5 and their parents.

IS THERE ANY COST
Low or no cost.

IS A REFERRAL NEEDED
None for activities. Family Support referrals via professionals require attendance at Team Around the Family Panel to present the family (TAF). Parents can self refer.

WHEN AND WHERE
SUTTON SUPPORT SERVICES

Supporting the families of and people with learning and physical disabilities.

CONTACT
Millie Lewis

ADDRESS
Wylde Green Community Hall,
Emscote Drive,
Sutton Coldfield,
B73 5ME

PHONE NUMBER
0121 377 7507

E-MAIL
office@suttonsupport.org.uk

WHAT WE DO
Arrange programmes for developing life skills for individuals. Day service, holidays, respite.

WHO IS IT FOR
18+ people with physical or learning disabilities. For family members, families in crisis.

IS THERE ANY COST
Day service/respite – on negotiation.

IS A REFERRAL NEEDED
Yes schools social services other agencies and self referral.

WHEN AND WHERE
As above also Monday Club at Mere Green Community Centre 7:00-9:00pm.
SVP (ST VINCENT De PAUL SOCIETY)

A Christian voluntary lay organisation dedicated to providing assistance to those in need – irrespective of faith, ethnicity, age or gender.

CONTACT
Martin Turner

ADDRESS
SVP Groups can be found at each Roman Catholic Church/Parish in the Sutton Coldfield area.

PHONE NUMBER
07918 715549

E-MAIL
martintturner@gmail.com

WHAT WE DO
A church based group whose prime role involves visiting the sick and housebound – most often elderly individuals. Our presence provides company, support and practical assistance as needed.

WHO IS IT FOR
See previous entries above.

IS THERE ANY COST
No

IS A REFERRAL NEEDED
Yes: Email to the address above with broad details/circumstances (not individualised).

WHEN AND WHERE
Any time for referrals relating to Sutton Coldfield geographical area.
THE CANCER SUPPORT CENTRE

Giving support to anyone (adult) affected by cancer – those diagnosed and those supporting them.

CONTACT Jackie Price – Centre Manager

ADDRESS Lindridge Road, Sutton Coldfield, B75 6JB

PHONE NUMBER 0121 378 6295

E-MAIL info@suttoncancersupport.org

WHAT WE DO Support given through groups, 1:1, complementary therapies, self help education sessions – relaxation, pain, stress etc., courses and informal drop in.

Volunteer for reception, office support, fundraising committee, bag packing, can collections, managing fundraising events.

WHO IS IT FOR Anyone (adult) affected by cancer either themselves or someone they care for.

Volunteers: Any adult who has some time on their hands - from a few hours a month, through to a regular slot every week. You just need enthusiasm and the desire to make a difference.

IS THERE ANY COST There is a one off £20 registration fee to access all the Centre has to offer.

IS A REFERRAL NEEDED People can pop in or call – no formal referral procedure. Formal induction and training provided for volunteers.

WHEN AND WHERE Lindridge Road
Monday – Friday 9:00am - 4:30pm.
Tuesday until 8:00pm.
<table>
<thead>
<tr>
<th><strong>THE CHALLENGE</strong></th>
<th>The Challenge – engaging young people to support and volunteer for local charities.</th>
</tr>
</thead>
</table>
| **CONTACT**       | Alan Jarvis  
Web address: www.ncsthechallenge.org |
| **ADDRESS**       | 52 Charlotte St,  
Birmingham,  
B3 1AR |
| **PHONE NUMBER**  | 07880 038095 or 0121 772 3567 |
| **E-MAIL**        | Alan.Jarvis@the-challenge.org |
| **WHAT WE DO**    | We provide the National citizen Service which is a summer youth programme supporting community cohesion by getting young people supporting and volunteering for local charities. |
| **WHO IS IT FOR** | Young people aged 16/17 to sign up, or for charity/organisations to partner with us for our young people to do projects for. |
| **IS THERE ANY COST** | No |
| **IS A REFERRAL NEEDED** | N/A |
| **WHEN AND WHERE** | |
The coffee tree is a café with a relaxed and friendly atmosphere in which to enjoy some time alone or to meet up with friends.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>Miriam Godridge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Web address</td>
<td><a href="http://www.dukest.org">www.dukest.org</a></td>
</tr>
<tr>
<td>ADDRESS</td>
<td>Duke Street Church, Duke Street, Sutton Coldfield, B72 1RJ</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>0121 355 7319</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:office@dukest.org">office@dukest.org</a></td>
</tr>
<tr>
<td>WHAT WE DO</td>
<td>We offer a variety of hot and cold drinks, snacks &amp; homemade cakes. On Thursdays and Fridays light lunches are also available.</td>
</tr>
<tr>
<td>WHO IS IT FOR</td>
<td>Open to all. Children are very welcome and on Friday mornings soft play is available.</td>
</tr>
<tr>
<td>IS THERE ANY COST</td>
<td>Yes dependent on what is ordered.</td>
</tr>
<tr>
<td>IS A REFERRAL NEEDED</td>
<td>No</td>
</tr>
<tr>
<td>WHEN AND WHERE</td>
<td>Wednesdays 10:00am – 12:00noon Thursdays &amp; Fridays, 10:00am-2:00pm Duke Street Church.</td>
</tr>
</tbody>
</table>
# THE GAP*

A free youth outreach, centred around a drop-in in Sutton Town.

<table>
<thead>
<tr>
<th>CONTACT</th>
<th>David West-Mullen</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td>Our Place Community Hub, Farthing Lane, Sutton Coldfield, B72 1RN</td>
</tr>
<tr>
<td>PHONE NUMBER</td>
<td>07565 542976</td>
</tr>
<tr>
<td>E-MAIL</td>
<td><a href="mailto:gap.huboffice@gmail.com">gap.huboffice@gmail.com</a></td>
</tr>
</tbody>
</table>

**WHAT WE DO**
- Identify, engage with and invest in assisting mainly disadvantaged young people.
- Project Headspace: working with & supporting youth with mental health issues.
- Project AdoptED: helping people with functional skills.

**WHO IS IT FOR**
Young people aged between 13 & 19.

**IS THERE ANY COST**
No

**IS A REFERRAL NEEDED**
No referral for drop-in. Referrals needed for projects.

**WHEN AND WHERE**
Drop-in open Mon, Weds, Fri 3:30-5:30pm
Car park at top of Trinity Hill.
Jericho is a charity that supports people to become fulfilled, skilled and employed through our eight social enterprises.

**CONTACT**  
Patrick Masih  
Web address:  [www.jericho.org.uk](http://www.jericho.org.uk)

**ADDRESS**  
196-198 Edward Road,  
Balsall Heath,  
B12 9LX.

**PHONE NUMBER**  
0121 647 1960

**E-MAIL**  
patrick.masih@jericho.org.uk

**WHAT WE DO**  
Jericho offers apprenticeships and voluntary places in eight social enterprises including The ReUsers based in Sutton Coldfield (B75 7BB). More info here at [www.jericho.org.uk](http://www.jericho.org.uk).

**WHO IS IT FOR**  
Apprenticeships and voluntary places are for those aged 16 plus. Apprentices must not be in employment, education or training and will receive £3.50 per hour.

**IS THERE ANY COST**  
No.

**IS A REFERRAL NEEDED**  
Please email CV to patrick.masih@jericho.org.uk

**WHEN AND WHERE**  
Rolling starts throughout the year.
THE TRINITY CENTRE

Christian Conference Centre in the heart of Sutton Coldfield.

CONTACT  Carole Young

ADDRESS  The Trinity Centre,
Church Hill, Mill Street,
Sutton Coldfield,
B72 1TF

PHONE NUMBER  0121 321 1144

E-MAIL  admin@htsc.org.uk

WHAT WE DO  We hire rooms for meetings, children’s parties, awards evenings, celebrations, funeral receptions and similar.

WHO IS IT FOR  Community groups, commercial companies and private individuals.

IS THERE ANY COST  Reasonable room hire charges.

IS A REFERRAL NEEDED  No

WHEN AND WHERE  Rooms for hire at times and dates to suit.
TRAIDCRAFT SHOP at WYLDE GREEN URC

We sell fairly traded foods, beverages, cards and beautiful unique handmade crafts; the shop is manned by volunteers.

CONTACT Marjorie Clarkson

ADDRESS Wylde Green United Reformed Church, Britwell Road, Sutton Coldfield, B73 5SW

PHONE NUMBER 07513 585211

E-MAIL memrclarkson@hotmail.com

WHAT WE DO As well as selling at our own church we offer stock on sale or return at other churches and venues, allowing people to meet and work together.

WHO IS IT FOR The shop is manned by willing friends and volunteers from a number of local churches. We are always looking for new recruits to volunteer.

IS THERE ANY COST No

IS A REFERRAL NEEDED No

WHEN AND WHERE Shop is open at Wylde Green URC. Fri and Sat 10:00am - 12noon.
**TRINITY PHOTOGRAPHY GROUP**

We are a collective of like-minded photographers who wish to promote all aspects of photography.

| CONTACT       | Brian Dowdall  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Web address</td>
<td>trinity-photography-group.com</td>
</tr>
</tbody>
</table>

| ADDRESS       | Meet at:  
|---------------|----------------|
|               | The Royal British Legion  
|               | Rectory Road,  
|               | Sutton Coldfield,  
|               | B75 7AL |

| PHONE NUMBER  | 0121 378 1666 |

| E- MAIL       | Contact via web site. |

| WHAT WE DO    | The group welcomes photographers of all levels and people new to photography. We provide workshops, speakers, activities, competitions and social events but above all we want to make photography enjoyable with a forward thinking group of individuals. |

| WHO IS IT FOR | Everyone interested in photography. |

| IS THERE ANY COST | For membership fees and door fees see web site. |

| IS A REFERRAL NEEDED | No. |

| WHEN AND WHERE     | Mondays at 8:00pm. |
|                    | The Royal British Legion. |
**WIGGLY WORMS**  
**COFFEE AND TODDLER PLAY**

A time for carers / parents to share and talk and for toddlers to play and socialise and to do an art activity.

| CONTACT | Tracey Gough  
| Web address: | www.falconlodge.co.uk |
| ADDRESS | Falcon Lodge Methodist Church,  
| Newdigate Road, Falcon Lodge,  
| Sutton Coldfield,  
| B75 7ER |
| PHONE NUMBER | 0121 3517756 / 07581344061 |
| E-MAIL | falconlodgemethodist@outlook.com  
| traceygough@hotmail.com |
| WHAT WE DO | Share our stories over coffee while the toddlers can play in a safe environment. |
| WHO IS IT FOR | For parents, grandparents and carers with children under 5. |
| IS THERE ANY COST | £2 per family, 50p for extra adults. |
| IS A REFERRAL NEEDED | No |
| WHEN AND WHERE | Tuesdays (in term time) 10:00am – 12:00noon at the Methodist Church Hall accessed off Lingard Road, Falcon Lodge. |
Sutton Coldfield YMCA works to encourage children, young people and adults to reach their full potential.

CONTACT  Mandy Mee (Admin)

ADDRESS  George Williams House, Watson Close, St Bernard Road, Sutton Coldfield, B721LE

PHONE NUMBER  0121 354 5614

E-MAIL  admin@ymcasc.org.uk

WHAT WE DO  Offer support and choices of engagement on a number of different projects that support children young people and adults. We tailor our approach to individual circumstances, in partnership with families and local organisations. The projects are:

- Hostel accommodation
- Family support
- Young carers
- Disability
- Street-work Detached
- Youth clubs

WHO IS IT FOR  Our individual projects are targeted at/for specific age ranges for residents, families and individuals living in North Birmingham, aged from 5 upwards.

IS THERE ANY COST  Yes, but not for all projects.

IS A REFERRAL NEEDED  Yes on some projects. Need to contact organisation for appropriate contact person.

WHEN AND WHERE  Various settings. Mainly at YMCA HQ.