

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:
<https://heretohelptgether.wordpress.com>



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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.

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*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: http://ourplacecommunityhub.org
ADDRESS	Farthing Lane, Sutton Coldfield, B72 1RN
PHONE NUMBER	0121 354 4080
E- MAIL	kellyround@ourplacecommunityhub.org
WHAT WE DO	We provide low cost community space to enable advice and support organisations to deliver vital services in the Sutton Coldfield community. The Hub is a community asset that can be used for a whole variety of indoor and outdoor activities and meetings. Our Place also support children and families through the Our Place Mentoring Scheme.
WHO IS IT FOR	The local community.
IS THERE ANY COST	No
IS A REFERRAL NEEDED	Referrals and appointments are made with the individual organisations.
WHEN AND WHERE	Open: Monday – Friday but weekends as required.



*OUR PLACE
MENTORING
SCHEME*

Mentoring and support services for children and families.

CONTACT	Kelly Round Web address: http://ourplacecommunityhub.org
ADDRESS	Farthing Lane, Sutton Coldfield, B72 1RN
PHONE NUMBER	0121 354 4080
E- MAIL	kellyround@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	Children, young people, parents and carers.
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 Kelly Round for more details.
WHEN AND WHERE	At Our Place Community Hub and within local schools.



*SUTTON
COLDFIELD
STROKE CLUB*

To improve the quality of life of stroke survivors; to support the family and provide information.

CONTACT	Liz Topliss
ADDRESS	c/o 71 Beacon Road, Sutton Coldfield, B73 5SX
PHONE NUMBER	0121 354 6463
E- MAIL	liztopliss@gmail.com
WHAT WE DO	Physiotherapy, speech therapy, exercise, craft activities, games, quizzes, outings, lunch, speakers, entertainment and carer support.
WHO IS IT FOR	Stroke survivors.
IS THERE ANY COST	£10 per meeting (reviewed annually).
IS A REFERRAL NEEDED	Yes, please contact Liz for details.
WHEN AND WHERE	We meet twice monthly at the URC.



*ST GILES
HOSPICE*

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

CONTACT	Ian Leech
ADDRESS	Fisherwick Road, Whittington, Lichfield, Staffordshire, WS14 9LH
PHONE NUMBER	01543 434535
E- MAIL	ian.leech@stgileshospice.com
WHAT WE DO	Help to create compassionate communities enabling people to access information and support, work with the bereaved.
WHO IS IT FOR	Our support work in the community is for anyone within Sutton Coldfield area.
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 in patient/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.



*GRANDPARENTS
PLUS*

Support group for grandparents raising their grandchildren full-time.

CONTACT	Jonk Watts
ADDRESS	c/o Chester Road Baptist Church Chester Road B73 5HU
PHONE NUMBER	07854 099839
E- MAIL	jonkwatts@live.co.uk
WHAT WE DO	Peer support, lobbying, providing information and signposting to relevant national and local organisations.
WHO IS IT FOR	Grandparents who are kinship carers.
IS THERE ANY COST	No
IS A REFERRAL NEEDED	No
WHEN AND WHERE	10am 2 nd Thursday of each month, except school holidays at Chester Road Baptist Church.



*DIVORCE
RECOVERY
WORKSHOP*

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

CONTACT	Elaine and Paul Syrratt Web address: www.drw.org.uk
ADDRESS	DRW Office @ Sutton Coldfield Baptist Church, Trinity Hill, Sutton Coldfield, B72 1TA
PHONE NUMBER	07977 867238
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



FOOD 4 U

Sutton Coldfield United Reformed 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 food parcels 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	Yes – from Job Centre or other help organisations
WHEN AND WHERE	Tuesday and Friday 11:30 – 1:30 Sutton Coldfield URC



***SALUS FATIGUE
FOUNDATION***

Salus Fatigue Foundation was founded and is run by people who have had ME/CFS themselves, including Fibromyalgia.

CONTACT	Linda Jones Web address: www.salus.org.uk
ADDRESS	We currently run activities at Sutton Coldfield Methodist Church and other locations. Please contact us for details.
PHONE NUMBER	07809 246674
E- MAIL	info@salus.org.uk
WHAT WE DO	Offer a range of classes and workshops that may help individuals to manage their symptoms in a safe and friendly environment.
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 to cover 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/month



*SUPPORTIVE
CARE CENTRE*

Monday to Friday Centre providing information and support to anyone affected by a life limiting illness and their carers.

CONTACT	Julie Nicholas
ADDRESS	St Giles Supportive Care Centre, Lindridge Road, Sutton Coldfield, B75 6JB
PHONE NUMBER	0121 378 6290
E- MAIL	Julie.Nicholas@stgileshospice.com
WHAT WE DO	Walking group, bereavement drop-in, MS exercise sessions, Support groups for clients with pulmonary fibrosis, 1:1 support/counselling sessions, complimentary therapy, clinic for SG lymphoedema patients.
WHO IS IT FOR	For patients and carers.
IS THERE ANY COST	Donations for exercise sessions and refreshments.
IS A REFERRAL NEEDED	For some sessions.
WHEN AND WHERE	Drop in or visit the café anytime. For more info please telephone.



*MESSY CHURCH
UNITED REFORMED
CHURCH*

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

CONTACT	Rev David Walton
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	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	One Saturday a month. Sutton Coldfield United Reformed Church.



*MESSY CHURCH
CHESTER ROAD
BAPTIST CHURCH*

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

CONTACT	Church Office
ADDRESS	Chester Road Baptist Church, Sutton Coldfield
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 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 – 11:30am Term time only Sutton Coldfield United Reformed Church.



*ACACIA
FAMILY
SUPPORT*

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

CONTACT	Rachel Gregory
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 & practical support in the home and at our centers, psych-educational workshops, crèche and support to fathers.
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. Complete a referral form by fax, or calling the office.
WHEN AND WHERE	St Johns Church Walmley – Thurs 10am-12pm Elim Church Kingstanding – Mon 10am-12pm Adderley Children's Centre – Fri 10am-12pm Northfield Baptist Church – Wed 10am-12pm



*HOLY TRINITY
'OPEN HOUSE'*

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



**BRITWELL
MOTHERS AND
TODDLERS**

Play activities for children up to two and a half years, accompanied by an adult.

CONTACT	Iris Phipps
ADDRESS	Wylde Green United Reformed Church, Britwell Road, Sutton Coldfield, B73 5SW
PHONE NUMBER	0121 682 4621
E- MAIL	Irisphippsb73@yahoo.co.uk
WHAT WE DO	We provide equipment, art materials 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



*BRITWELL
CIRCLE*

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 682 4621
E- MAIL	phipps_b73@yahoo.co.uk
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	1 st and 3 rd Tuesdays 2-4pm (Oct-March) Wylde Green URC.



POP-IN COFFEE

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 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.



*PROSTATE
SUPPORT
GROUP*

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	joycedyke@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.



*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 373 7196
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 diagnose 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) 10:30-12:30 Sutton Coldfield Methodist Church.



CAFÉ OASIS

A community café providing home cooked food at reasonable prices and companionship for all ages.

CONTACT	Adelle 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, with extra support, and transport, when required, for the elderly.
WHO IS IT FOR	We welcome people of all ages and abilities. Offer catering for charity groups and meetings within the church centre.
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	10am – 3pm Monday, Tuesday and Friday. Sutton Coldfield URC.



**BIRMINGHAM
MIND**

We support people with mental health from low level prevention services to highly supported services for people with complex needs.

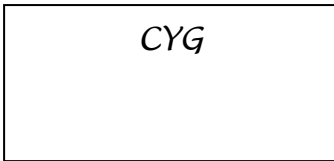
CONTACT	Jane Bird
ADDRESS	Head Office, 17 Graham Street, Hockley, Birmingham, B7 3JR
PHONE NUMBER	0121 237 3761
E- MAIL	JaneBird@birminghammind.org.uk
WHAT WE DO	Community Well Being and Recovery Service. Floating Support (one to one). Supported Housing Service.
WHO IS IT FOR	Over 18's only.
IS THERE ANY COST	No
IS A REFERRAL NEEDED	Yes. Please contact Sameena Akhtar on 0121 359 1151
WHEN AND WHERE	Please call for program details.



***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



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.
IS A REFERRAL NEEDED	No, but please contact before coming.
WHEN AND WHERE	Varies, but mostly The Trinity Centre. Twice monthly, 6:45 – 8:15pm



JCYG

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 – 8:30pm



*CHESTER ROAD
BAPTIST CHURCH
BOYS AND GIRLS
BRIGADE*

A Christian based unformed organisation for both boys and girls of school age.

CONTACT	Lindsey Atkin (5-11 years) Stewart Barr (11+years)
ADDRESS	Chester Road Baptist Church, Sutton Coldfield
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)



*THE GAP**

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

CONTACT	David West-Mullen
ADDRESS	Our Place Community Hub, Farthing Lane, Sutton Coldfield, B72 1RN
PHONE NUMBER	07565 542976
E- MAIL	gap.huboffice@gmail.com
WHAT WE DO	Identify, engage with and invest in assisting mainly disadvantaged young people.
WHO IS IT FOR	Young people aged between 13 &19.
IS THERE ANY COST	No
IS A REFERRAL NEEDED	No
WHEN AND WHERE	Drop-in open Mon, Weds 3:30-5:30pm Sat 3:00-5:00pm Car park at top of Trinity Hill



*HOLY TRINITY
CHURCH CHOIR*

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



*MONEY ADVICE
SERVICE
@URC*

We provide independent advice and information on benefits and money matters.

CONTACT	Shane Young
ADDRESS	c/o Sutton Coldfield United Reformed Church, Brassington Ave, Sutton Coldfield, B73 6AA
PHONE NUMBER	0121 354 9794
E- MAIL	syoung@ageconcernbirmingham.org.uk
WHAT WE DO	We help with money concerns including debts and benefit entitlement.
WHO IS IT FOR	Anybody from Sutton Coldfield and Kingstanding who needs advice and help.
IS THERE ANY COST	No
IS A REFERRAL NEEDED	No
WHEN AND WHERE	Tuesday 5:30 – 7:30pm Sutton Coldfield United Reformed Church.



*IAG
JOB CLUB*

Helping unemployed people back into work.

CONTACT Mike Doherty and Barry Connolly

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

PHONE NUMBER 07966 089039 / 07792 046557

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 Just turn up to see us.
Our Place Community Hub.



*CHESTER ROAD
BAPTIST CHURCH
BREAKAWAY*

A monthly meeting for ladies with an inspirational talk and a time to talk. Includes sale of cards and wrapping paper.

CONTACT	Ann Hawkings
ADDRESS	Chester Road Baptist Church, Sutton Coldfield
PHONE NUMBER	0121 350 2779 (mornings).
E- MAIL	office@chesterroadbc.org.uk
WHAT WE DO	Monthly meeting with speakers on a variety of subjects.
WHO IS IT FOR	Open to ladies of all ages.
IS THERE ANY COST	£1.50 a week.
IS A REFERRAL NEEDED	No
WHEN AND WHERE	The second Thursday of every month, 7:45pm. Chester Road Baptist Church.



**CONTACT THE
ELDERLY**
Page 1 of 2

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@hmcarman.plus.com (info@contact-the-elderly.org.uk)
WHAT WE DO	There are 4 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.



**CONTACT THE
ELDERLY**
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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	01213080274
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. 15:00 – 17:00 at Ley Hill Surgery



*PAAT Professional
Association of
Alexander Teachers*

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
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 £29 for half an hour.
IS A REFERRAL NEEDED	No
WHEN AND WHERE	Sutton Coldfield URC – please call for details.



*TRAIDCRAFT
SHOP @ WYLDE
GREEN URC*

We sell fairly traded foods, beverages, card 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	We are always looking for new recruits to volunteer.
IS THERE ANY COST	
IS A REFERRAL NEEDED	No
WHEN AND WHERE	Shop open at Wylde Green URC. Fri and Sat 10am-12pm.



*ST PETER'S
CHURCH MANEY*

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

CONTACT	Revd. Dr Matthew Rhodes
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, but we do except donations.
IS A REFERRAL NEEDED	No
WHEN AND WHERE	Services are Sundays at 8am, 10:30am and 6:30pm. Church groups meet in the hall on Tuesday afternoons.



*CHESTER ROAD
BAPTIST
CHURCH*

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

CONTACT	Church Office
ADDRESS	Chester Road Baptist Church, corner of Chester Road and Boldmere Road, Sutton Coldfield.
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.



*SUTTON COLDFIELD
UNITED REFORMED
CHURCH*

Town Centre Christian Church.

CONTACT	Rev David Walton
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 worship 10:30am. Tuesday morning with prayers for healing 10:15am. Sutton Coldfield United Reformed Church.



*ST COLUMBA'S
PARISH
CHURCH*

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 it's 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 10am. Holy Communion Thursday 10am. Messy Church once a month Sunday 4pm-6pm. All activities are on the website www.saintcolumbas.co.uk and in Gatepost community freesheet.



*HOLY TRINITY
PARISH
CHURCH*

Anglican Church (Church of England).

CONTACT Carole Young
Web address: www.htsc.org.uk

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 friendly open parish church in the heart of Sutton Coldfield. Our churchmanship is 'central' and inclusive. We are a space to worship and learn.

WHO IS IT FOR All people of all ages and at all stages in their Christian faith.

IS THERE ANY COST No

IS A REFERRAL NEEDED No

WHEN AND WHERE Thurs 10:30am Holy Communion
Sun 8:00am Holy Communion
Sun 10:00am Parish Communion
Sun 5:30pm Evening worship
See www.htsc.org.uk for details.



*THE TRINITY
CENTRE*

Christian Conference Centre in the heart of Sutton Coldfield.

CONTACT	Carol 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.



*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.

CONTACT	Colin and Sue Ingley
ADDRESS	The Trinity Centre, Church Hill, Mill Street, Sutton Coldfield, B72 1TF
PHONE NUMBER	0121 321 1144
E- MAIL	churchwarden@htsc.org.uk
WHAT WE DO	Watch a variety of films. Ice creams available.
WHO IS IT FOR	Mainly adults for social evening.
IS THERE ANY COST	Membership fee £6 annually.
IS A REFERRAL NEEDED	No
WHEN AND WHERE	7pm on the first Monday of the month.



AGE CONCERN

Age Concern Birmingham is a local charity, committed to the people and communities surrounding Birmingham.

CONTACT	Ben Goode
ADDRESS	76-78 Boldmere Road, Sutton Coldfield, B73 5TJ
PHONE NUMBER	0121 360 3439
E- MAIL	Info@ageconcernbirmingham.org.uk
WHAT WE DO	Advice & Information, Tradespeople, Legal Services, Charity Shop, Funeral Plans, Personal Alarms, Stairlifts, Home Support, Care, Lunch Clubs, Day/Wellbeing Centres, 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.



*STROKE ASSOC
FAMILY & CARER
SUPPORT SERVICE*

National charity providing Life after Stroke Services. National Helpline. Research into preventing strokes.

CONTACT Sarah McCann

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

PHONE NUMBER 0121 424 9466

E- MAIL sarah.McCann@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 Yes contacting service directly or helpline.

WHEN AND WHERE Monday – Thursday 9-4pm.



*SUTTON
SUPPORT
SERVICES*

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

CONTACT	Millie Lewis
ADDRESS	Lime Grove House, 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 Mere Green Old School 7-9 pm.



*FALCON LODGE
METHODIST
CHURCH*

We offer Sunday worship and Messy Church – a place to develop and grow as Christians.

CONTACT	Deacon Linda Kinchenton Web address: http://www.falconlodge.co.uk
ADDRESS	Newdigate Road, Falcon Lodge, B75 7ER
PHONE NUMBER	0121 351 7756 07807984891
E- MAIL	deaconlinda@live.co.uk
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	
IS A REFERRAL NEEDED	No
WHEN AND WHERE	Sundays at 10:30am and 6:30pm



*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	Deacon Linda Kinchenton Web address: http://www.falconlodge.co.uk
ADDRESS	Newdigate Road, Falcon Lodge, B75 7ER
PHONE NUMBER	0121 351 7756 07807984891
E- MAIL	deaconlinda@live.co.uk
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, but contact us for the date of the next one.



**SUTTON
LOCALITY
CHILDREN'S CENTRES**

Activities for under 5s, parenting courses, family support, children's centre services.

CONTACT	Fiona Godwin Web address: www.fouroaks.childrencentre.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 @FourOaks CC
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	Five centres in Sutton (Deanery, New Hall, Bush Babes, Holland House, Four Oaks).



*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.



**WIGGLE 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	Linda Kinchenton or Tracy Hough
ADDRESS	Falcon Lodge Methodist Church, Newdigate Road, Falcon Lodge, Sutton Coldfield, B75 7ER
PHONE NUMBER	0121 3517756 (Linda) 07581344061 (Tracy)
E- MAIL	deaconlinda@live.co.uk
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) 9:30am – 11:30 am at the Methodist Church Hall accessed off Lingard Road, Falcon Lodge.



*SUTTON COLDFIELD
METHODIST
BOWLS CLUB*

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) and afternoons (winter).



LODGE LUNCHES

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

CONTACT	Deacon Linda Kinchenton Web address: http://www.falconlodge.co.uk
ADDRESS	Falcon Lodge Methodist Church Newdigate Road, Falcon Lodge, B75 7ER
PHONE NUMBER	0121 351 7756 07807984891
E- MAIL	deaconlinda@live.co.uk
WHAT WE DO	A café style gathering offering a two course meal and a drink.
WHO IS IT FOR	Anyone
IS THERE ANY COST	£3.50 per adult £2 per child.
IS A REFERRAL NEEDED	No
WHEN AND WHERE	Falcon Lodge Methodist Church , 3rd Wednesday of each month in term time.



*STEPPING
STONES*

An organisation for people with learning difficulties to give them a meaningful work experience in a café; craft; independent living skills.

CONTACT	ARC Community Church
ADDRESS	Chapel, St James Close, Mere Green, Sutton Coldfield
PHONE NUMBER	07985 753 653 (Steven Eaves)
E- MAIL	rom10v9@gmail.com
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 (SC URC) Café, Tuesday & Wednesday SC URC – Craft and Keep Fit



THE CHALLENGE

The Challenge – engaging young people to support and volunteer for local charities.

CONTACT	Beth Cooke Web address: http://www.ncsthechallenge.org/
ADDRESS	52 Charlotte St, Birmingham, B3 1AR
PHONE NUMBER	07880 038095 or 0121 772 3567
E- MAIL	beth.cooke@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	



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 3780741
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 & 4 pm at Falcon Lodge Methodist Church.



CHERISHED

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@yourcherished.co.uk
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@yourcherished.co.uk
WHEN AND WHERE	In local schools.



*BUDDY BAG
FOUNDATION*

We provide Buddy Bags to children who are in Emergency Care.

CONTACT	Karen Williams
ADDRESS	10 Grange Farm, Linton, DE12 6RP
PHONE NUMBER	07976 962986
E- MAIL	Karen@lll.foundation
WHAT WE DO	Provide Buddy Bags to children. Reduce trauma.
WHO IS IT FOR	Children in refuge centres.
IS THERE ANY COST	No
IS A REFERRAL NEEDED	No - self referral.
WHEN AND WHERE	



*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.
WHO IS IT FOR	Anyone (adult) affected by cancer either themselves or someone they care for.
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.
WHEN AND WHERE	Lindridge Road Monday – Friday 9-4:30 Tuesday until 8pm



CARERS UNITED
*Formerly
Carers UK*

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 bobbie@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.

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

WHEN AND WHERE The office is open 10:00am – 2:00pm Mon – Thur. We have a Carers Café 11:00am – 1:00pm on the last Tuesday of the Month at The United Reformed Church in Sutton Coldfield, Brassington Avenue, B73 6AA.



*PARISH NURSE
SUTTON
COLDFIELD URC*

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 07759979775

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.

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
Sutton Coldfield URC



*YMCA SUTTON
COLDFIELD*

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	01213545614
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: <ul style="list-style-type: none">• 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.



*FOOTSTEPS
COUNSELLING
and SUPPORT*

Counselling Agency
Registered Charity Number:
1160943.

CONTACT	Yaz Benson, Claire Kelly
ADDRESS	Suite B, Astor House, 282 Lichfield Road, Four Oaks, 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.



*HOME-START
BIRMINGHAM
NORTH WEST*

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	Thursdays 10-11:30am during term time



**BIRMINGHAM
MIND NORTH
LOCALITY**

Birmingham MIND's North Locality floating support team.

CONTACT	Carmel Smith STR
ADDRESS	Suite 1, Alma House Aston, Birmingham
PHONE NUMBER	Carmel Smith STR (07734959907) Office (0121 359 1151)
E- MAIL	carmelsmith@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	North locality



*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: http://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 THERE ANY COST	Small visitors' fee. Current annual membership circa £65. Association of Speakers' Clubs manual circa £12.
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.



*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
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.



**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 10:30-12:00 2 nd Tuesday of month. Evening: Woodside Community Centre, Highgate Road, Dudley, DY2 OSN 7:30-9:00pm 1 st Tuesday.

*KIDS
 (WEST MIDLANDS)
 Page 1 of 3*

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.



*KIDS
(WEST MIDLANDS)
Page 2 of 3*

Direct short breaks.
1:1 support at home or in the community for disabled children and young people. .

CONTACT	Sharon Coton
ADDRESS	249 Birmingham Road, Sutton Coldfield, B72 1EA
PHONE NUMBER	0121 355 2707 / 0121 362 4577
E- MAIL	sharon.coton@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 Sharon Coton
WHEN AND WHERE	Flexible times at home and in the community.



*KIDS
(WEST MIDLANDS)
Page 3 of 3*

We run vital life-changing services to disabled children and young people aged 0-25 along with their families.

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



**LITTLE ASTON
COMMUNITY
ASSOCIATION**

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
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 www.laca-org.co.uk for contact details or speak to the chairman.
WHEN AND WHERE	Theatre group meets every month at Mere Green Community centre.



**BANNERS GATE
COUNSELLING
CENTRE**

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

CONTACT	Miss Madeline Partridge
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 counseling 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 counselors 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.



*REAL LIFE
CHURCH*

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

CONTACT	Stuart Crane
ADDRESS	Find out all about us on our web site at http://www.findreallife.co.uk/
PHONE NUMBER	07929 124592
E- MAIL	info@findreallife.co.uk
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: Clifton Road Youth Centre, Clifton Road, Sutton Coldfield, B73 6EB



**CREATIVE
SUPPORT
'IGNITE'**

'Ignite' provides mental health recovery services tailored specifically to the needs of 18-25 year olds.

CONTACT	Hayley Page
ADDRESS	64 Water Street, Birmingham, B3 1HN (Ignite will be running from Our Place Community Hub in Sutton Coldfield)
PHONE NUMBER	0121 200 3188
E- MAIL	hayley.page@creativesupport.org.uk
WHAT WE DO	Ignite is part of Creative Support's Birmingham Hub and Spoke Services and 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 12-3pm at Our Place Community Hub in Sutton Coldfield. Wednesdays at various community venues (TBC)



**ADVANCE
CREDIT UNION
LIMITED**

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
E- MAIL	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 insurance, 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 12 - 2pm St Thomas' Social Club, Erdington Friday 8 - 10pm



**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



*BIRMINGHAM
MENTAL HEALTH
CARERS SUPPORT
SERVICE*

Provide information, advice, 1-1's and group/peer support to carers of adults with mental health needs.
(Part of Stonham)

CONTACT	Gateway Team
ADDRESS	Stonham, Centre City, Hill Street, Birmingham, B5 4AU
PHONE NUMBER	0121 380 4949
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 0121 380 4949.
WHEN AND WHERE	Monday – Friday 8am – 8pm



*BREATHE EASY
SUTTON
COLDFIELD*

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

CONTACT	Graham Dolan
ADDRESS	Sutton Methodist Church Hall, South Parade, B72 1QY
PHONE NUMBER	01543 360885
E- MAIL	vgdolan@hotmail.com
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 2 nd Thursday of the month 12:00 to 1:30pm



*AGE UK BIRMINGHAM
SEYMOUR DEMENTIA
CENTRE*

Age UK Birmingham Seymour Dementia Centre provides day care for the 50+ living with dementia.

CONTACT	Gemma Hollyoake
ADDRESS	42 Warwick Road, New Oscott, Birmingham, B73 6ST
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	£45 full day. £35 half day.
IS A REFERRAL NEEDED	No
WHEN AND WHERE	Monday to Friday 9am-5pm



*ST CHAD'S
CHURCH SUTTON
COLDFIELD*

Church of England Parish Church
serving Eastern Sutton Coldfield.

CONTACT	Rev'd Jonathan Nicholas
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



*ST CHAD'S CHURCH
HALL SUTTON
COLDFIELD*

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.