



Black Country Moving – Monthly Learnings Logs

Learning Log – Birchills Leamore

Month	Engagement	Learnings	Challenges / Areas of Support	Priorities
April	<ul style="list-style-type: none"> - British Triathlon (Kirsty Outhwaite) - Mettaminds (Amrit Singh) - Residents R Us - Afro-Caribbean Centre 	<p>The Connector has carried out a walk around this ward, looking at the opportunities in Reedswood Park and the canal towpath that links the ward to the town centre.</p> <p>Much of the first month has been spent making local connections, including Mettaminds and British Triathlon. The latter are exploring making the ward a priority area.</p>	<p>The Connector hasn't identified any challenges at this point.</p> <p>Mettaminds requires funding to enable them to carry out some of activities they have in mind. Discussed TIF which he was aware of already and he intends to have a chat with One Walsall development team.</p>	<p>Endeavour to get 10 local people for case study work.</p> <p>Connect with Birchills Agenda 21 to ensure we are reaching out to the Asian community and to discuss setting up some cycling initiatives at Reedswood Park</p> <p>Connector intends to have a meeting with Charlene, Holly & Tina who are the Social Prescribers for the North. (They cover the GP practice in Birchills).</p>
May	<ul style="list-style-type: none"> - Debbie - Walsall College (Hawbush Campus) - Birchills Agenda 21 (Shokt) - British Triathlon (Kirsty Outhwaite) - Mettaminds & Kirsty - Social Prescriber who covers the North (Charlene) - Midland Langar Seva Society (MLSS) 	<p>The Connector notes that there is a trust issue between residents and organisations from outside the area and Birchills Agenda 21 confirmed that there's a real need to work collaboratively with the community.</p> <p>There is a need for walk leader training in the area, as confirmed by MLSS.</p> <p>MLSS want to run some job workshops from the community hub. The Connector introduced Debbie from Walsall College to explore the possibility of some joint working, they had a positive meeting which resulted in the discussion on running job workshops and possibly computer training.</p>	<p>The Connector is exploring the potential to replicate what Social Prescribers do in Wolverhampton in terms of walking sessions with their patients, however a meeting with Charlene (Social Prescriber) confirmed that Link Workers are more fragmented, managed across different PCNs which make this approach difficult</p> <p>The Connector is having difficulty recruiting individuals to be part of our longitudinal survey work but will use a community event on the 27th June 2021 to increase the numbers.</p>	<p>Recruiting 10 people from the ward to be part of the longitudinal case study is an ongoing priority</p> <p>Meet with Kirsty (British Triathlon) to create an action plan for the ward,</p> <p>Visit Leamore Park with Bal (Midland Langar Seva Society) to see the facilities and potential walking routes</p> <p>Meet with Sureya (MindKind Project) and WHG (Walsall Housing Group) to discuss collaborative working as some members of staff from WHG are wanting to set up a walking groups in Reedwoods Park</p> <p>Contact Basil from the Afro Caribbean Centre to ensure individuals from Black ethnic groups are included within the project</p> <p>Attend Birchills Agenda Community Event on the 27th June 2021.</p>



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June	<ul style="list-style-type: none"> - Birchills Agenda 21 (Shokt) - Walsall Housing Group (Connie Jennings, Head of HWB) - Mind Kind project (Sureya) - Khawaja Jamal – PE Trainee - Cllr Gaz Ali - Walsall Jamia Masjid Ghausia Mosque - Jessica Bates – One You Walsall - Afro-Caribbean Community Association 	<p>The Connector continues to support cycling initiative where possible & support Khawaja PE Teacher who would like to do some physical activity in the area. - Shokt is now at the stage of having to turn individuals away due to there not being a container yet at Reedswood park – however this is will the council planning team and going through the necessary processes. 31 individuals turned up at the last cycling sessions, these sessions can grow, however it is currently at a standstill.</p> <p>Khawaja Jamal is a trainee PE Teacher and is keen to support his community by continuing to support Shokt with the cycling initiative and also wanting to deliver some physical activities to local people.</p> <p>There is possibility of collaborating with WHG’s Social Prescribing team following an initial meeting with Connie Jennings.</p> <p>Sureya’s Mental Health Programme will consist of physical activity such as chair exercise.</p> <p>Cllr Gaz Ali was very enthusiastic about BCM Project as was also wanting to increase physical activity in the ward. We discussed several physical activities that local people would enjoy. We intend to run some coffee mornings as this will be an opportunity for local people to voice what physical activities they would like to do and enjoy.</p>	<p>Bal Thandi has left MLSS. This is a challenge as she was the point of contact and very enthusiastic about setting walking activities for the centre.</p>	<p>Attend follow up meeting with WHG. This meeting is going to be beneficial in terms of reaching out to individuals who are potential inactive. There are some WHG apartments that are situated to one of the entrances at Reedswood Park. A broad aim is in place to have WHG Social Prescribers conducting walks with the residents at the park.</p> <p>Intend to discuss with Sureya from Mind Kind Projects the support available in terms of the physical activities she wants to include in her programme.</p> <p>Arrange some coffee mornings with Cllr Gaz Ali - coffee mornings will be at the Son of Rest Building and Midlands Langar Seva Society. This is to bring local people into the community and assess physical activities local people want to do in their area.</p> <p>Meeting with Basil from the Afro Caribbean Community Association.</p> <p>Support MLSS with Walk Leader Training</p> <p>Connect with Rycroft Community Hub</p> <p>Meeting with Jessica Bate from One You Walsall to discuss any progression with the 12 weeks programme being delivered at this ward.</p>



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		The Connector has discussed the possibilities of chair-based exercises at Jamia Mosque.		
July	<ul style="list-style-type: none"> - Walsall Housing Group (Connie Jennings, Head of HWB and Lisa Sylvester, Social Prescribing Manager) - Sureya – Mind Kind Projects - Local residents - Afro Community Centre - British Triathlon - Serco 	<p>The Connector has engaged extensively with colleagues from Walsall Housing Group. There are plans to establish a working group to formalise the relationship. The Connector aims to reach out to WHG residents who live in the maisonettes located at one the entrances to Reedswood Park. Additionally, the Connector is arranging for the delivery of Walk Lead Training with Lisa Sylvester's (social prescribing lead) team.</p> <p>Basil, the manager at Afro Community Centre, would like Strength and Balance sessions to commence from September when the centre should be back up and running. A further meeting has been scheduled for September.</p> <p>Victoria Dawson is the Serco <i>Housing Partnership Manager</i> - The Home Office awarded contracts to Serco which will offer a range of improvements, with a particular focus on assisting individuals through the asylum system. They will ensure that vulnerable asylum seekers have access to the support they need and set clear requirements on the standard and condition of accommodation. The Connector has attended a meeting with Kirsty to explore how we can reach out to asylum seekers in Walsall.</p> <p>Family Fun workout sessions have been arranged at George Rose park</p>	<p>Walk Leader Training that had previously been arranged with Stuart Terry had to be cancelled due to Stuart's other commitments during the summer with the council. The only way to overcome this was offering the training from September to WHG Social Prescriber Manager/Social Prescribers & Midlands Langar Seva Society.</p> <p>Connector has been working with a local resident who is well connected with women in the community – she has been introduced to Shokt from Birchills Agenda 21 with a view to developing activities.</p>	<p>Arrange Coffee Mornings with Kirsty from British Triathlon and Cllr Gaz Ali - These coffee mornings are an opportunity to engage ourselves with the community and gain research/feedback of the activities people would like to do in the ward.</p> <p>Meet with Sharon who is now the contact for MLSS.</p> <p>Attend a meeting with Sureya from MindKind Project and WHG.</p> <p>Meeting with Sureya and also plan a meeting with Shokt/Fozia about costing as in order to get sessions up and running,</p>



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August	<ul style="list-style-type: none"> - Sureya – MindKindProjects - Walsall Housing Group (Lisa, Social Prescribing Manager) - Shokt – Son of Rest - Diabetic UK – Celene Walker - Mettaminds – Amrit - Bhangra Dance Instructor - Bally 	<p>Residents from different parts of Birchills Leamore don't associate with each other which is important to know when planning sessions.</p> <p>Supporting Sureya from Mind Kind Projects - BCM budget intend to fund two physical activities sessions as a taster. One is chair based yoga and another one is Bhangra Dancing. The local residents has requested something similar to weight watcher or slimming world. Sureya will provide weigh in cards to record individual weight, weekly weigh in sessions will take place and it will also include a weekly physical activity session such as Bhangra Dancing. I have made contact with Bally who is more than happy to meet Sureya whilst checking to see if the community centre is ok to conduct dance sessions.</p> <p>Supporting Amrit - Mettaminds - Supported Amrit Open Wellbeing Programme crowd funding page with BCM deliver budget (£1300). Amrit will support 15 individuals with mental health/physical activities. The individuals Amrit will support will be from this ward and from Darlaston South. The majority will be from Darlaston South.</p>	<p>Supporting Sureya from Mind Kind Projects - BCM intend to fund two physical activities sessions as a taster. One is chair based yoga and another one is Bhangra Dancing. The local residents requested something similar to weight watchers or slimming world. Sureya will provide weigh in cards to record individual weight, weekly weigh in sessions will take place and it will also include a weekly physical activity session such as Bhangra Dancing. Connector has made contact with Bally who is more than happy to meet Sureya whilst checking to see if the community centre is ok to conduct dance sessions.</p> <p>Supporting Amrit - Mettaminds - Supported Amrit Open Wellbeing Programme crowd funding page with BCM budget. Amrit will support 15 individuals with mental health/physical activities. The individuals Amrit will support will be from this ward and from Darlaston South.</p>	<p>Coffee Morning Leaflet Dropping in Leamore.</p> <p>Attend and run the Coffee Morning with Kirsty, Cllr Gaz Ali and Sharon from MLSS.</p> <p>Arrange to meet and show Bally the Bhangra Dance instructor 2 potential venues for Taster Bhangra Dancing Sessions.</p> <p>Lisa - WHG Social Prescribing Manager - Meeting to discuss how we can utilise their WHG Community hub for physical activities.</p> <p>Meet with Basil from the Afro Caribbean Centre to discuss the launch of the members return to the centre and what physical activities we can include within the Day Care on a Wednesday.</p> <p>Contact Stuart Terry regarding dates for when the Walk Leader Training can commence for the organisations.</p>
September	<ul style="list-style-type: none"> - Basil - Afro Caribbean Centre - Shokt & Lesley Easter - Cllr Gaz Ali & Kirsty Outwaithe - Nicola Morris - Public Health 	<p>Local residents are considerably more likely to engage in interventions connected to (or delivered by) the community as opposed to what they perceive to be external organisations.</p> <p>The Afro-Caribbean day centre is reopening in October - the Connector will</p>	<p>Efforts were made for Bhangra to be delivered at the Mind Kind community hub however due to the size and shape of the centre this hasn't proved to be possible. Further opportunities will be explored.</p>	<p>Attend Shokt - Birchills Agenda 21 Coffee Morning</p> <p>Meet with Sureya (MindKind) & Jessica Bates (My Time Active) to explore & discuss the possibilities of My Time Active delivering their 12 week healthy lifestyle programme at Sureya's community hub.</p>



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	<ul style="list-style-type: none"> - Ben Worth – Dance to Health - Louise White - Programme & Commissioning Manager - My Time Active - Tony Gough - Tai Chi Volunteer - Bally - Bhangra Dance Instructor - Sureya - Mind Kind Projects - Paul Wickers – Walsall MBC - 	<p>attend the first weekly session to engage with local people about potential activity opportunities.</p> <p>There is a new Dance to Health programme starting in Walsall and the Connector has been engaging between the programme manager and public health to understand where she can help with referrals – there are plans to connect with the Senior Social Prescriber in the borough.</p> <p>MyTime active are looking for any projects that are active or that will start soon, to provide a local insight into 'what matters' to our communities connected with the wider determinants. There is a clear opportunity to work together.</p> <p>Mind Kind are delivering weight management sessions - Weigh in will also include physical activities such as Bhangra Dancing. Connector has linked Sureya in with Paul Wickers to enable walk leader training to take place.</p>	<p>Connector has had a meeting with Sharon at MLSS (Midlands Langar Seva Society) to promote Black Country Moving.</p> <p>Connector has carried out a leaflet drop with Kirsty from British Triathlon in the local area to promote the Coffee Morning.</p>	<p>Meeting with Tahira & Sijaad (Birchills Mosque)</p> <p>Meeting with Louise White to discuss Wellbeing Model.</p> <p>Meeting with Charlene - Senior Social Prescriber (PCN)</p>