



Black Country Moving – Monthly Learnings Logs

Learning Log – Darlaston South

Month	Engagement	Learnings	Challenges / Areas of Support	Priorities
April	<ul style="list-style-type: none"> - Raqia - Darlaston Youth Centre - Rev Graham from Darlaston Salvation Army Church - Moxley Health Centre 	<p>Darlaston Youth Centre is not located in Darlaston South however many of the congregation come from the ward, making them a helpful partner for this piece of work.</p> <p>The Connector is holding exploratory conversations with Raqia (from the centre) to discuss ideas on what her young members from the centre would enjoy regarding physical activity.</p>	<p>Challenges are still being ascertained however the Connector has noted that churches are currently only open to services for their congregation and they are finding that many people are still reluctant to go out and now prefer zoom.</p>	<p>Look into funding opportunities for Darlaston Youth Centre to run activity sessions.</p> <p>Meet again with Karen (Practice Manager) from Moxley Health Centre to discuss how we can work together as she is keen to be involved in a way that would be beneficial for the practice population.</p>
May	<ul style="list-style-type: none"> - Rev. Gilbert David – visited 2 of his churches - One Walsall (Colin) 	<p>Rev Gilbert David is well connected in the area as in has 3 local churches that may recruit people from our priority ward.</p> <p>One Walsall have suggested reaching out to;</p> <ul style="list-style-type: none"> - 5th Darlaston Brownies & Guides - Able to Bake & Cook CIC - All Stars Walsall CIC - Ark Sikh - Dartmouth Neighbourhood Forum - Mums Money Inspirations - Youth Connect CIC - Shafeen (Walsall Housing Group) Cycling In Darlaston. 	<p>The Connector has made plans to meet with the One Walsall Volunteer Health & Wellbeing Manager to develop a campaign to recruit Walk Leaders volunteers.</p>	<p>Meet with Paul Lewin (PAL) to discuss possibility of running some Falls Preventions sessions at the Churches</p> <p>Have a meeting with Rev Gilbert David and Paul Lewin</p> <p>Continue to work with Moxley Health Centre - identifying inactive patients could simply be done by the Social Prescriber at the surgery, contacting patients and asking them a few questions about physical activity). The Connector has a working relationship with the Practice Manager</p> <p>Connect with the organisations Colin from One Walsall provided and Raqia from Darlaston Youth Centre.</p>
June	<ul style="list-style-type: none"> - Moxley Church; Reverend Gilbert David - Moxley Health Centre Practice Manager (Karen Woodcroft) - Jessica Bates 	<p>Meeting held with the Reverend at Moxley Church to discuss physical activity at the facility. There is a plan in place to hold chair base exercises with the sessions promoted to the local congregation and eventually the wider</p>	<p>Rev David made the BCM Connector aware that when the major roads were developed in Darlaston it separated the church from the community and individuals are now reluctant to</p>	<p>Plan family fun physical activity session at George Rose Park.</p> <p>Attend an after-church service with Paul Lewin to promote BCM/Benefits of physical activity.</p>



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	<ul style="list-style-type: none"> - Michelle Radcliffe – Personal Instructor 	<p>community & via Moxley Health Centre who are very enthusiastic about taking part in the project. They are also positive about having a place to refer post-hip operation patients.</p> <p>Jessica Bates from One You Walsall is keen to be involved with BCM and deliver some physical activities in the specified ward.</p> <p>Michelle Radcliffe is a personal trainer who is eager to run Family Fun physical activity sessions at the George Rose Park on Thursday mornings throughout the School Summer Holidays. The sessions would be from the 29th July. Michelle is designing an advert for social media and the Connector is liaising with WMBC regarding the use of the park.</p>	<p>cross the road as it feels unsafe for pedestrians.</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> <p>Engage with the organisation groups mentioned last month.</p>
<p>July</p>	<ul style="list-style-type: none"> - Sameena Parvaz – Project Coordinator, Living Streets - Shafeen Khan – WHG Customer Voice - Paul Lewin – Moxley Church - Jessica Bates – One You Walsall - Karen Woodcroft – Practice Manager 	<p>Following engagement, Darlaston South will be one of the wards where One You Walsall will deliver their 12 Week Lifestyle Programme. The programme consists of supporting individuals in making healthy lifestyle changes, this will include a healthy lifestyle specialist, zoom exercise classes and zoom workshops in lifestyle. There are plans to hold this at Moxley Surgery.</p> <p>There will be a community event on 26/08 at George Rose Park.</p> <p>The Connector has explored ideas for physical activity sessions at Moxley Church and made arrangements for BCM to meet Rev Gilbert David after church</p>	<p>Unfortunately, no one attended the 1st session of the Family Workout session on the 29th July. Two families who had booked cancelled at the last minute. The Connector has plans to the Local Authority and having a greater push on marketing including social media.</p>	<p>Attending a meeting set up with Jessica and Karen so the 12 week lifestyle programme can be delivered at the surgery.</p> <p>Promote Family Workout session on social media.</p> <p>Attend WHG Community Day</p> <p>Discuss with Lisa, WHG Social Prescribing Manager, about us setting up a walking group for the residents in George Rose Park.</p> <p>Meet with Shafeen from WHG regarding setting some physical activities in the ward.</p>



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		service to promote BCM project and benefits of balance exercises.		<p>Research whether Darlaston Community Association Sports and Social Centre is open.</p> <p>Connect with Condessa - Set up walking along the canals.</p>
August	<ul style="list-style-type: none"> - One You Walsall – Jessica Bates - Karen Woodcroft – Practice Manager - Michelle Ratcliffe – Personal Instructor - Walsall West 2 – Jaz Sheera, Social Prescriber - Diabetes UK – Celene Walker - MettaMinds – Amrit Singh 	<p>WHG has a community hub in Darlaston on Hall Street for their residents. The hub has enough space for physical activities and as it is located next to George Rose Park, it is perfect for walking activities in the park and use of the community hub as a resting point for the residents to socialise after their walk.</p> <p>The My Time Active 12-week healthy programme is taking place within a Darlaston South health centre. The next step is for Karen's team to conduct health check with their patients, the aim will be to referral patients with a certain BMI to the programme. The programme consists of healthy eating guidance, physical activities is optional at the cost of £3. In order to maintain sustainability & keep these patients active I plan to continue the physical activity side of the programme at the Moxley People Centre.</p> <p>Connector has met Social Prescriber in Walsall West 2 PCN to discuss BCM project and the possibility of partnership working for the benefits of the patients. We discussed the possibility of setting up walking groups for patients, however she was not sure this will be possible as the social prescribers in Walsall are currently not working in the community. She intends to discuss this further with the senior social prescriber.</p>	<p>Non-attendance to the Family Fun Fitness Sessions at George Rose Park - In order to overcome I promoted the sessions again on social media and arranged for Michelle to do the same on her social media. Unfortunately, the further promotion did not make a difference to families attending the session. Factors that may have impacted on the low turnout are</p> <ul style="list-style-type: none"> - Timing the session at 10am was possibly too early. - School Holidays Activities Club - On the 2nd and 3rd session dates Michelle was aware of local schools running activities club for kids on the same day. - Physical Activities in the Park - Individuals maybe conscious about exercising in the park. 	<p>Attend Rev Gilbert David Church service to meet the congregation.</p> <p>Meet with Lisa WHG Social Prescriber about utilising WHG Community Hub for physical activities.</p> <p>Contact Stuart Terry regarding Walk Leader Training</p>



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