



Black Country Moving – Monthly Learnings Logs

Learning Log – Ettingshall

Month	Engagement	Learnings	Challenges / Areas of Support	Priorities
April	<ul style="list-style-type: none"> - Dionne and Chantel - Sisters2Sister - Councillor Beverley Momenabadi - Richard Lawrence CoWC Director of Regeneration - Bilston People Centre - Bilston Resource Centre 	<p>Councillor Momenabadi advised that a new park is being built within the ward and would welcome the opportunity to use some of the funding available to BCM to hold physical activity sessions within this new space.</p>	<p>The Connector has discussed the possibility of setting up a parents and younger children healthy walks sessions with Sisters2Sister to meet a local need.</p> <p>Recruiting 10 people to be part of our Longitudinal study is proving to be a challenge, however the Connector will continue to make links locally</p>	<p>Connect with Liz Sewell (Social Prescriber) regarding starting walking group for their clients</p> <p>Meeting with Trisha from Bilston People Centre to explore different activities to suit her service users</p> <p>Connect with All Saints Action Network</p> <p>Connect with Councillor Beverley Momenabadi</p>
May	<ul style="list-style-type: none"> - Bilston People Centre – - ASAN (Antonio and Shona) - Sisters2Sisters 	<p>Members of Bilston People Centre would really like to do some chair-based exercises. Trisha would like to start with this sort of activity first and eventually start some Pilates sessions in the future. There is potential to use GOGA funding to develop this.</p> <p>There is a park opposite the centre which could also be utilised for walking activities, using the facility as a local activity hub.</p>	<p>Recruiting 10 people remains a challenge. Trisha from Bilston Resource Centre is asking her Ettingshall—based members and the Connector intends to use an ASAN event on 26th June to recruit further.</p> <p>The Connector has had discussions regarding starting Walking Group & Walking Football on her 5 a side pitches at ASAN</p>	<p>Start the process of developing a Chair Based Exercise & Lunch Club programme at Bilston People Centre</p> <p>Explore opportunities for Walk Leader Training for ASAN.</p>
June	<ul style="list-style-type: none"> - Councillor Beverley Momenabadi - Bilston People Centre - ASAN (Antonio) - Wolverhampton Community Radio (Susan Vickers) - Sisters 2 Sisters 	<p>Discussions have taken place regarding setting up a walking group in the new park and having a Charity Rounders Event in July as a catalyst to get individuals to start being active.</p> <p>Worked with Trisha at Bilston People Centre regarding TIF. She is waiting for all the restrictions to be lifted before proceeding with this.</p>	<p>The summer activities that the Connector was planning on developing with ASAN has had to be put on hold, however this will be picked up again in early July.</p> <p>Explored the walking routes in the park with ASAN & promoted the community day in September to other organisations/£25 for a stall.</p>	<p>Meet with Trisha - Bilston People Centre - Catch up with her as hopefully the restrictions lifting will enable the planning of chair-based sessions.</p> <p>Meet with Ben Mescam - Personal Instructor - Ben has conducted some chair based exercise via zoom for Linda Stone – there's a chance to extend this delivery to Bilston People Centre in future.</p>



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		<p>BCM Connector had a discussion with Susan from Wolverhampton Community Radio where it was agreed that future sessions will be promoted on the station. Susan will be broadcasting live at ASAN Community Event.</p> <p>Sisters2Sisters is a social enterprise that seeks to empower young BAME females aged 13-21. Although the social enterprise address is outside of Ettingshall they want to be involved with the BCM project and the directors deliver sessions all over the West Midlands. BCM Connector is meeting them on 28.06.21.</p>	<p>The promotion resulted in Dionne from Sisters2Sisters wanting to have a stall for the day.</p> <p>Supported Dionne from Sister 2 Sister with her community engagement in Wolverhampton - Introduced Dionne to Tony about having a stall at the Community Day.</p>	<p>Meet with Tony - ASAN - Support with planning activities for children during the 6 weeks holidays.</p> <p>Chase Cllr Beverley about the Charity Rounder Event</p> <p>Look into what is the process for Walk Leader Training in Wolverhampton.</p> <p>Contact Tony Gough - A retired Tai Chi Instructor - Mia the Health Coach from West 1 surgery passed Tony details as he would like to deliver some Tai Chi sessions as a volunteer.</p>
July	<ul style="list-style-type: none"> - Trisha – Bilston People Centre - Tony – All Saints Action Network - Leanora Williams – Sunshine Club (over 50s club for women) - Ben Mescam 	<p>Connector met with Trisha from Bilston People Centre to discuss exactly what physical activities she would like to be delivered to two groups at the centre. She decided it will be</p> <ul style="list-style-type: none"> - Chair Based Yoga to the members of the Excel Companions Lunch Club - Pilates to a group of ladies. <p>Connector was able to meet the member of the Excel Companions Lunch Club to make them aware of the physical activities that will be coming soon. Once the centre is open Trisha intends to complete & submit a TIF application.</p> <p>Connector is working with Tony from ASAN to develop a walking route from the centre and also potential summer activities. However, Tony is currently unable to do his role due to other work commitments which is slowing progress.</p>	<p>It's possible that the planned walking activities at ASAN don't go ahead due to Tony's current work situation and associated capacity for community engagement. To overcome this the Connector will liaise with Angela from St Peters Pilgrim on whether she would consider setting up a walking group from the hub in Ettingshall.</p> <p>The Charity Rounders Event that Cllr Beverley Momenabadi intend to arrange as a catalyst to get people active in the ward was cancelled due to her other commitments at the council.</p>	<p>Meet Leanora to support her with re opening her Sunshine Club by covering marketing cost which will include the promotion of physical activities.</p> <p>Meet Trisha to discuss funding the physical activities using the delivery budget.</p> <p>Discuss possibilities of setting up walking group from ASAN.</p>



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		<p>BCM have connected with Leanora who used to run the Sunshine Club before COVID. Activities at the Sunshine Club included sewing, craft and knitting. Leanora would like to include exercise in the form of chair-based yoga for the women when she is allowed to restart the sessions. Once reopened, Leanora intends to submit a TIF application.</p>		
August	<ul style="list-style-type: none"> - Sunshine Club – Leonora Williams - Local Yoga Instructor (Debo) - Bilston People Centre (Trisha) 	<p>Connector met with Leanora to discuss the reopening of her Sunshine Club Community Group. Pre COVID, Leanora, ran a successful group at Ettingshall Memorial Hall, the session included Knitting, Craft, Sewing & Painting. Sunshine Club reduced isolation and loneliness as it was an opportunity for the women of the community to come together to talk and meet new friends. The Connector is supporting Leanora to relaunch the Sunshine Club. The same activities will be available, however this time around some taster chair-based yoga will be included. BCM will also support Leanora with designing a flyer and leaflet dropping in the ward</p> <p>Due to the reopening of lunch club at Excel, Trisha has not got the time at the moment to complete a TIF application form. We discussed using the BCM budget to fund the sessions for now as that means the chair-based yoga session can commence sooner than later.</p>	<p>Supporting Leanora’s relaunch of the Sunshine Club.</p> <p>Connector is unable to get in contact with Sisters2Sisters. The last conversation was around a programme of empowerment and netball.</p>	<p>Design a flyer and Relaunch/Include physical activities at the Sunshine Club.</p> <p>Introduce Debo the yoga instructor to Trisha to plan which Thursdays the sessions can commence.</p> <p>Obtain a new contact for All Saints Action Network as not getting any response from Tony the Community Organiser.</p> <p>Meeting with Linda Stone - Request Linda's Social Prescribing team to make referrals to Leanora Sunshine Club so the club can grow and flourish.</p>
September	<ul style="list-style-type: none"> - Leonora Williams (Sunshine Club) - Bilston People Centre (Trisha) 	<p>Connector has met with Sunshine Group about types of physical activities the community would enjoy. A date and time for the first chair-based session has been organised.</p>	<p>Connector has continued to support Leanora (Sunshine Club), leaflets designed in house to be distributed to local residents in order for the group to be</p>	<p>Launch Bilston People Centre 1st Chair Base Exercise on Thursday 14th October.</p> <p>Meet with All Saints Action Network CEO</p>



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	<ul style="list-style-type: none">- Diabetes UK programme (Samina Yousa)	Diabetes UK are planning phase 3 of the activity programme – this will be delivered at All Saints Action Network	promoted. In addition, it was promoted to Linda Stone (WVSC) who now intends to make the Social Prescribers who covers those wards aware so referrals can be made to the group.	Continue to support Leanora's Sunshine Club Group Attempt to make contact again with Dionne from Sisters2Sisters regarding combining netball with thier mental wellbeing programme.