



Black Country Moving – Monthly Learnings Logs

Learning Log – Friar Park

Month	Engagement	Learnings	Challenges / Areas of Support	Priorities
April	<ul style="list-style-type: none"> - Millennium Centre - Knights of Wednesbury - Morrisons' Community Champions - Wodensborough Boxing Club - Public Health Development Officers - Local Councillors - Woods Methodist Church - Local residents 	<p>The Connector has identified a local need for Tai Chi, Yoga, Chair-based exercise or anything that requires gentle movement (especially in elderly groups). People have been sedentary for so long as a consequence of lockdown and much of the elderly population are struggling with mobility issues.</p> <p>Millennium Ctr have funding from 'This girl can' campaign for tennis sessions, staff have carried out the training course and have received new equipment</p> <p>George Hughes (Vice chair @Millenium) is a leaders/deliverer of the social prescribing of cycling in Sandwell and delivers Dr Bike sessions from the centre. The centre is to have new cycle infrastructure installed to the local primary school/children's centre.</p>	<p>Finding the appropriate location for sessions that can ensure safety, and good accessibility (on a bus route for elderly population) has been a challenge thus far.</p> <p>The Connector has had difficulty engaging with some org's e.g., Price Rd Gospel Hall due to limited contact info so will aim to drop in to catch someone to talk about the project.</p> <p>A WhatsApp group has been a great tool in supporting older people and motivating them to become more active after lockdown.</p>	<p>To look at facilitating physical activity opportunities within the area, including Yoga sessions at the Millennium Centre (explore opportunities for funding), as well as looking ahead to potentially putting on 'move and mingle' sessions, and/or some outdoor sessions.</p> <p>To liaise with George to see if we can put a plan together for the Tennis & Cycling.</p>
May	<ul style="list-style-type: none"> - Millennium Centre - Knights of Wednesbury - PHDO's - Local residents - Instructors 	<p>Matt Hill (PHDO Sandwell MBC) is the walking lead for Sandwell, BC & a registered trainer - therefore the main contact for walk leader training for Sandwell. There is demand for walks in Wednesbury (Donna Mitchell - Friends of Brunswick Park).</p> <p>Brunswick Buggies at Brunswick Park walk restarts Friday 11th June 10.30am.</p> <p>Potential green spaces identified: Elwells field green open space (rear of Wood Green Academy - opportunities</p>	<p>Knights of Wednesbury group now has a lengthy waiting list for over 60's wanting exercise classes, as they started the Mecca bingo walks in the hope that the town hall would re-open but that hasn't happened as yet so this group is getting less and less mobile.</p> <p>Liaising with Alison Hartshorne and Mandy Williams to address this issue. Brunswick Walks - need to press on asap with this as there has been a lot of interest</p>	<p>Priorities of April still apply, additionally;</p> <p>Still need to be gaining insight into resident needs, so looking at creating some online polls to do this. Promote volunteering with Litterwatch (plogging)</p> <p>Consult the SCVO database for potential orgs to work with in the area. Get Dudley CVS more involved. Woods Methodist Church/snr citizens club - need to</p>



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		to link in with the school there) could be utilised for outdoor PA sessions. A walkway which runs alongside the river tame - could put on 1mile walk there.	in a short space of time - so need to get walk leaders trained and DBS checked at the earliest opportunity!	find alternative ways of connecting with this group. Need to connect more with Faith Centres - Price Rd Gospel Hall is a target.
June	<ul style="list-style-type: none"> - Breastfeeding network (Louise Everitt) - My Health Target (Emma Van Dun) - Satori Martial Arts - Millennium Centre - Wednesbury Rugby Club - Sandwell MBC PDHO - Staffs Cricket - Decathlon Wednesbury - Commonwealth Games Community Engagement Manager - Wood Green Academy - Wesley Centre - Wednesbury Neighbourhood Partnerships - Brunswick Park residents' group - Dance to Health 	<p>My Health Target is a health service for people who are interested in making healthy lifestyle changes with nutrition, exercise, and yoga (sessions currently taking place at the Wesley Centre, and has been well received) may be a good opportunity to recruit case studies.</p> <p>Wednesbury Bowling club are looking for new members (aged 65-85) and volunteers to support the club. Alison Hartshorne is liaising with Marie Brooks re: funding for some toilet/cafe facilities at Hydes Rd playing fields</p> <p>Alison Hartshorne is also looking for volunteers to support some Walks for Sandwell MBC staff.</p> <p>Wesley Centre & Woods - lack of daytime activities, volunteering opportunities for gardening projects, John suggested a 'moms' group at Woods to get parents active whilst they wait for children to come out of school (Park Hill & Mesty Croft schools nearby).</p> <p>Gurbaksh Kaur - is a social prescriber in Wednesbury (link provided by Neighbourhood Partnership Coordinator).</p> <p>Some safety concerns around Friar Park (ASB, knife crime, Drugs) - Town</p>	<p>Volunteer Walk Leaders needed in order to facilitate local walks – this was raised at PH Network meeting, and the Connector has sent emails to potential candidates,</p> <p>#WellbeingWednesdays include a lot of online sessions that are not so well attended currently due to weather/people wanting to be outdoors so we are looking into walks - potentially at Brunswick Park and is planning on leading some staff walks thereafter.</p> <p>The Connector has made links between the FOBP group and Brunswick Park Wednesbury group to discuss H&S/insurance concerns regarding potential rounders sessions. Donna Mitchell (Brunswick Park W'bury is a very keen and enthusiastic volunteer who is willing to help facilitate both a walking group and a rounders group.</p> <p>KOW group now has a lengthy waiting list for over 60's wanting exercise classes, as they started the Mecca bingo walks in the hope that W'bury town hall would re-open but that hasn't happened as yet so this group is getting</p>	<p>It has been difficult trying to connect with some organisations (e.g. Price Rd Gospel Hall) due to limited contact info so the Connector will look to drop in to discuss with someone about the project.</p> <p>There are buggy walks in Brunswick Park, but this can be off putting for people without young children so may need to look into putting on another, more inclusive, walk in this ward.</p> <p>Recruit the remainder of participants needed in order to get the first cohort of surveys in for the first quarter.</p> <p>Yoga/chair-based exercise sessions at the Millennium Centre starting 21st July.</p> <p>To try to establish a 'Mums' Group' at Woods Methodist church.</p> <p>Decathlon Taster sessions (collab with Commonwealth & British Tri teams).</p> <p>Promote volunteering with Litter watch - using plogging as a means to get people more physically active.</p>



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		Lead ASB officer for Wednesbury is Michelle Bedford	less and less mobile. Liasing with Alison Hartshorne and Mandy Williams to address this issue.	
July	<ul style="list-style-type: none"> - Adult Social Care Manager, Wednesbury – Shibu Paul - Sandwell Physiotherapy/Integrated Care Team - Cheryl Street - Healthwatch Sandwell - Melissa Elders - Action For Children (Liz), - Crankhall Lane Medical Centre - Sajeda Asghar - Bee Happy Stay Happy Yoga - Kelly Dickinson-Wright - Midland Mencap - Sandwell Team - Pam Johnson - My Health Target - Emma Van Dun - Millennium Centre - Julie Jones, Ellie, Brett - Sandwell MBC PHDO - Mandy Williams - Staffs Cricket - Indie Balraj - Decathlon Wednesbury - William Mehmet - British Triathlon - Kirsty Outhwaite - Commonwealth Games Community Engagement Mgr - Ashley Richards - Wood Green Academy - Ian Bagley - Wesley Centre - John Steventon - Local residents - Dance to Health - Jodie Stus - Instructors - Rebecca Clarke - Yogalates/Bryony/Gavin/Debo/Donna - W'bury Neighbourhood Partnerships co-ordinator - Alison Hartshorne - Brunswick Park W'bury residents' group (Donna Mitchell) - SENSE (Callan Barber) 	<p>Cllr Elaine Constigan said that there are over 60 elderly people still on the waiting list for exercise.</p> <p>W'bury Town Hall has recently re-opened after the pandemic, and is hosting E2M classes, many Friar Park residents attend these classes due to the proximity of transport links, good facilities (e.g toilets), and nearby Morrisons cafe. Many elderly people rely upon these activities (Inc. Convenience of the venue/local amenities) for social interaction.</p> <p>Lead contact for Wodensborough Snr Citizens club is Cilla (John @Wesley Centre to put me in touch) in order to promote the tea dance at Woods church.</p> <p>Greater effort is needed to connect with elderly groups, and the socially isolated. More need for flyer distribution, and publicity (making things known what is available in the community), updating organisation websites etc.</p> <p>Litterwatch have asked for help with the promotion of the plogging video - need to update it with their logo on and Black Country Moving.</p>	<p>Due to the elderly group returning to W'bury town hall this means it has clashed with the start of the chair based classes at Millennium Centre.</p> <p>Trying to connect with elderly groups is difficult (e.g Tea Dance group at Woods) due to them not being digitally connected and wary of newcomers, so found that it is best to go through a known contact (e.g John at Wesley Centre)</p> <p>Finding appropriate ways to promote the gentle chair-based exercise sessions at the Millennium Centre. Digital promo is not the best means of connecting with this age group, so finding alternative methods of advertising this such as leaflet drops through doors (inc bungalows in Friar Park), GP surgeries, Pharmacies, Dentists, Post Office, Churches.</p> <p>Walk leader training is proving to be difficult due to problems with the Assemble portal on the Ramblers website. Volunteers having trouble with accessing this to do their initial part of the training (tech team have been notified, but this is causing delays</p>	<p>Case Studies - to recruit the remainder of participants needed in order to get the first cohort of surveys in for the first quarter.</p> <p>Yoga & chair-based exercise sessions at the Millennium Centre starting 21st July.</p> <p>Work with Commonwealth Games Engagement Mgr to promote upcoming Taster Fun Sessions at Decathlon.</p> <p>To try to establish a 'Mums' Group' at Woods Methodist church.</p> <p>Promote volunteering with Litterwatch - using plogging as a means to get people more physically active.</p>



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	<ul style="list-style-type: none"> - WM Police PCSO (Alexander Hopwood) - WM Police Wednesbury Neighbourhood Team (PC Raid Abdo) - Breast Feeding Network (Louise Everitt) - Trident Housing - Wodensborough Boxing Club (Steve O'Rourke) 		<p>in getting things set up due to no walk leaders)</p>	
August	<ul style="list-style-type: none"> - Trident Housing (Satinder Singh), - Black Country Housing (Christina & Kevin) - Sandwell GoPlay (Craig/Sam) - Special Olympics Sandwell (Norma Hyde) - Sandwell MBC Youth Servives (Steve Walker) - Sandwell NHS Community Nursing Team (Vilma) - Albion Foundation (Clive Allen) - Sandwell Public Health (Matt Hill/Mandy Williams) - Healthwatch Sandwell (Melissa Elders) - CRANKHALL LANE MEDICAL CENTRE (sajeda Asghar/Karen Hingley) - Midland Mencap - Sandwell Team (Pam Johnson) - Millennium Centre (Julie Jones, George, Ellie, Brett) - Decathlon W'bury (William Mehmet) - Commonwealth Games Community Engagement Mgr (Ashley Richards) - Local residents - Bryony Morris Yoga - W'bury Neighbourhood Partnerships co-ordinator (Alison Hartshorne) - Brunswick Park W'bury residents group (Donna Mitchell) 	<p>Youth crime & ASB a problem in the area, specifically surrounding drug exploitation and county lines (Friar Park close to rail links).</p> <p>Off road bike issues an issue in Wednesbury (PC Raid Abdo has put Connector in touch with Michelle Bedford & Jonathan Friend to discuss this).</p> <p>Yoga & Chair based exercise classes - potentially looked at funding the Millennium Centre directly - instead of going down the route of a contract with yoga instructor. The Connector believes that this would help develop a better, and more invested relationship, between the organisation/community group and the facilitator.</p>	<p>Trident housing are looking to support their residents for homeless supported accommodation to become more physically active. BC Moving are supporting them to try to identify the physically inactive, engage with residents to determine barriers to exercise and to find out types of activity that would motivate them to become more active and to see how we can best support them.</p> <p>Wednesbury Rugby Club need help in promoting all abilities rugby</p>	<p>To address youth crime & ASB within Friar Park, and liaise with local services to help tackle this by providing youths with physical activity opportunities, education, and inspiration to distract them from crime and raise awareness of current issues.</p> <p>Looking to set up a 'Healthy Futures' 10 week programme in partnership with WM Police, ASB Team, Youth Services detached team, Centre Spot & Pulse Wednesbury to put on weekly 1hr football activities for identified youths on ASB warnings to engage them in physical activity to create a positive and healthy relationship with the police in order to educate them about key topics in order to raise awareness of drug and sexual exploitation</p>



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	<ul style="list-style-type: none">- SENSE (Callan Barber)- WM Police Wednesbury Neighbourhood Team (PC Raid Abdo)- ASB town lead (Michelle Bedford).			
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