



Black Country Moving – Monthly Learnings Logs

Learning Log – Netherton, Woodside and St Andrews

Month	Engagement	Learnings	Challenges / Areas of Support	Priorities
April	<ul style="list-style-type: none"> - Dudley CofE Network - Netherton Park Activator (Mike Monkton) - Health Improvement Dudley 	<p>This has been a scoping month whereby the connector has been meeting potential local partners.</p> <p>Netherton Park is one of 5 healthy hubs in Dudley has identified parking issues and antisocial behaviour as potential barriers to people being more active there.</p> <p>The connector is liaising with the pastor at St Andrews church and Dudley CofE Network, supporting each other to explore ideas with the view to developing opportunities within the community such as 'nature tidy-ups', walking photography, 'Friends of...' type groups - to get people out and about moving more.</p>	<p>Potential areas of support include;</p> <ul style="list-style-type: none"> - Funding for a 'walk & talk Group' for churches or a Couch to 5K programme for the more able. - Walk leader training for volunteers <p>We may want to explore the possibility of 'green gym' initiatives in the area, as it appears Friends of Netherton Park have some involvement with this</p>	<p>Connect further with the Park Activator to see how we can promote the project and facilitate activity opportunities at the park</p>
May	<ul style="list-style-type: none"> - Residents at Woodside Park and Buckpool & Fens local nature reserve - Users of Netherton Park 	<p>There is a strong sense of community in Netherton, as per talks with local residents – a place with a very close-knit culture.</p> <p>Buckpool & Fens local nature reserve has some great dirt trails ideal for walking/jogging/MTB. It's very popular with cyclists on mountain bikes and has good links for active travel - easy access to canal etc</p> <p>Woodside Park has no friends of park group like others in Dudley and has safety issues. Residents mentioned problems with teenagers on motorbikes in the evenings and riding horse & trap around the park shouting abuse at elderly residents - which deters people from using the park to exercise.</p>	<p>It can be difficult to identify and engage with the target audience during daytime hours (people at work) so therefore need to schedule some time to go back early evening to catch people within target age range.</p> <p>Trying to connect with BAME communities - seems quite challenging to get hard to reach groups to engage with the project - this is something I am very keen to work on in the coming weeks/months - Identified Netherton Islamic Trust to connect with.</p>	<p>Continue to Identify local assets. Promote walking photography at Saltwells.</p> <p>To promote the wide range of activities available at Netherton park. Connect with Park Activator to see how we can look at promoting the project and facilitating physical activity opportunities within Netherton Park. Utilise sessions taking place at Netherton Activity Centre - and try to recruit case studies from there.</p> <p>Promoting local opportunities for PA - making people aware of the local assets in each of the wards to try to increase exercise participation.</p>
June	<ul style="list-style-type: none"> - Netherton Park Activator (Mike Monkton) 	<p>There is a Summer assault course & fun day at Netherton park on 12th Aug – this will be a good opportunity to work with the park</p>	<p>Support is needed for the summer fun day. The Connector has</p>	<p>A number of sessions have been arranged by partners including Social Walks, Couch</p>



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	<ul style="list-style-type: none"> - Health Improvement Dudley - Worcs Cricket - Dance to Health - SENSE 	<p>activators to get some promotion going and to engage with residents.</p>	<p>arranged to attend this to help Mick with the assault course.</p> <p>In addition, the Connector is working with Nazima Esscopri to better connect with ethnically diverse communities</p>	<p>to 5k, BodyFIT, ParkFIT, Bootcamps, New Buggy Walk (all at Netherton Park).</p>
July	<ul style="list-style-type: none"> - Netherton Health Centre (Maurine) - Links Medical Centre (Liz Bramble - practice mgr), - Netherton Park Activator (Mick Monchton) - Health Improvement Dudley - Healthy Communities & Places (Charlotte Fletcher), - Worcestershire Cricket (Elsa-Marie Evans) - Dance to Health (Jodie Stus) - Social Prescribers (Grace Namwange) - Diabetes UK (Celine Walker) - Mencap (Pam) - Dudley council - Street & Green team/Parks (Deborah Merrick) 	<p>Some Netherton residents are coming into Sandwell to attend summer events as there are very little activity opportunities for kids so they have to travel out of area (found this out from a young parent attending the Go Play fun day at Norman Deeley. HAF activities are not appropriate due to them not qualifying for free school meals. They would like activities similar to those of 'Brownies' where children are learning new skills at the same time (perhaps incorporating the arts e.g. Drum and dance or life skills whilst improving their social interaction at the same time).</p> <p>A summer assault course & fun day is taking place at Netherton park on 12th Aug - a good opportunity to work with the park activators to promote BCM and to engage with residents.</p> <p>Quarry Bank Park has a lottery funded project on site which has recently improved the footpaths to allow a good wide circular tarmac path around much of the park and we are working in partnership with the Emily Jordan Foundation projects, who will have service users with learning difficulties on site volunteering on a few projects but including bicycle repair and recycling.</p>	<p>It has been a challenge for the Connector to make contact with Netherton Islamic Trust - cannot seem to reach them by telephone/email.</p> <p>It has been time consuming trying to make contact with GP's - long telephone calls to get through, so a case of getting an email address as the most efficient means of getting necessary information to the GP's</p> <p>Support has been provided to Netherton Park Activity Centre by way of promotion.</p> <p>The Connector has worked to link organisations together - e.g., Dudley Street & Green Team with Mencap for Park Ride initiative</p>	<p>Greater focus on Netherton, Woodside & St Andrews wards throughout August.</p> <p>Target GP's/Health Centres - sending information out to Netherton Health Centre,</p> <p>Continue to encourage people to be part of Case Studies.</p>
August	<ul style="list-style-type: none"> - Dudley MBC - Healthy Communities & Place (Balraj Johal, Charlotte Fletcher) 	<p>The Connector has been approached by Deborah Merrick (Dudley Street & Green team) to bring Park Ride to Quarry Bank Park – they have a lottery funded project on</p>	<p>Case studies - taking time to get surveys completed by participants of the walk & draw group through social prescribing team.</p>	<p>Recruit more case studies - continue to push Dudley areas.</p>



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	<ul style="list-style-type: none"> - Netherton Park Activator (Mick Monchton) - Worcs Cricket (Elsa-Marie Evans) - Social Prescribers (Grace Namwange) - Diabetes UK (Celine Walker) - Cradley Health community centre (Antoinette Kelly) - Mencap (Pam) - Dudley council - Street & Green team/Parks (Deborah Merrick) - Emily Jordan Foundation - Sporting your futures (Rajab Noor) - Priory Park boxing club (Paul) 	<p>site which has recently improved the footpaths to allow a good wide circular tarmac path around much of the park and we are working in partnership with the Emily Jordan Foundation projects, who will have service users with learning difficulties onsite volunteering on a few projects but including bicycle repair and recycling. Dudley Parks are looking to set up more Park Active sessions, and are looking to recruit volunteers (free training available).</p> <p>Walking for Health is on its knees and urgently needs walk leader volunteers (Aidan Wheeler from Dudley MBC is the lead on this).</p> <p>Dudley MBC are looking for Park Active volunteers and are running some training dates in Sept. 3. There are certain issues across some of the Dudley parks (e.g Grange Park ASB, daytime drinking, issues with dog control off leads etc).</p>	<p>Netherton Arts Centre still closed - delay in setting up dance activities through Creative Black Country collab, need to identify another potential venue.</p> <p>Supporting Mencap to bring Park Ride to local parks within Dudley, and initiating connections to provide Pam with contacts and links to parks teams (Debs Merrick). Mick Monchton would like setting up BAM (box and move sessions) which is something he tried to set up before the pandemic hit, and would like to resurrect these sessions.</p>	<p>Connect with disability groups/orgs (e.g. Emily Jordan Project/Mencap)</p> <p>Continue to support social prescribers with helping to create PA opportunities through ongoing learning and assessing resident needs.</p>
September	<ul style="list-style-type: none"> - Netherton Library - Senior Library Assistant (Katie Goddard) - Dudley CofE Church Network (Richard Hackett) - Health Improvement Practitioner - (Aidan Wheeler), Dudley MBC - Healthy Communities & Place (Balraj Johal, DMBC) - Netherton Park Activator (Mick Monkton) 	<p>Richard Hackett (Den Churches) is currently trying to get the church hall open more often, under “Places of Welcome” initiative. In that he has a plan for trying to attract providers of Art perhaps leading out onto the canal and area, toddlers, and seat based exercise.</p> <p>The plan is to attract people to the initial welcome event and encourage them to stay for the activity (or vice versa). They have an older demographic in terms of the congregation and Richard thinks the only way to achieve this is bring service providers in to undertake the task.</p> <p>Netherton Library & Brierley Hill library can help promote BC Moving by displaying our</p>	<p>Savoy Centre attendees may not reach our particular demographic, due to there being a wide range of courses and attendees coming from all over the country. Therefore they suggested the library would possibly be more suitable to reach our target audience/local residents.</p> <p>The Connector has supported Dudley Parks Team to try to recruit more Park Active instructors.</p> <p>BCM is promoting the new 6 week Beginners Physical Activity</p>	<p>Support new activities at Netherton Park & work with Mick to try to recruit further case studies.</p> <p>Continue to seek out new groups & organisation and engage with local residents</p>



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	<ul style="list-style-type: none"> - Social Prescribers (Grace Namwanje) - Diabetes UK (Celine Walker) - Mencap (Pam) 	<p>business cards - allowing residents to contact us to let us know what activities they would like to see in their area.</p> <p>A new Couch to 5k is starting at Netherton Park in Oct, as well as a brand-new soccer mom's session.</p> <p>BAM got postponed due to covid, but is something Mick would like to start up again due to resident need/requests</p>	<p>Programme at Netherton Primary School.</p> <p>The project is continuing to support Netherton Park Activity Centre - promotion of new upcoming activities and engaging with Mick regarding case studies (there are individuals in his group that have specific needs, and so we are working collaboratively to address this and try to get these people more active to improve their health and wellbeing.</p> <p>Grace Namwanje would like to collaboratively organise some future workshops to educate migrants on the benefits of physical activity and nutrition. There may also be opportunities to signpost participants from the migrant group to volunteering - e.g walk leader training/Park Active in order to upskill them into becoming leaders and provide good experience for their CV's as they seek employment.</p>	