



Black Country Moving – Monthly Learnings Logs

Learning Log – Princes End

Month	Engagement	Learnings	Challenges / Areas of Support	Priorities
April	<ul style="list-style-type: none"> - Life In Community - Bangladeshi Women's Association - Litter watch, - Rudis CrossFit, - Sandwell Steelers, - Sport4Life - Tipton Harriers - Tipton Community Safety Team - PHDO's local residents. - CBC (Richard Franks) 	<p>Low level crime & ASB remains a problem in the area with Motorbikes, fires and burnt-out cars an ongoing issue. The 'Railer' trail is popular with walkers, and cyclists alike but people do not feel safe because of these problems.</p>	<p>The Connector has identified challenges finding safe outdoor areas in the community for people to become more physically active and has contacted Tom Richards (PHDO) who put her in touch with Evan Hughes (ASB lead), Russell Allen (Snr Youth Officer Sandwell MBC) and Clare Huckfield (Neighbourhood officer).</p> <p>A Tipton Town Tasking meeting to discuss these issues has been set up for early May.</p>	<p>To help facilitate 'Walk & Talk' initiatives in the local area - currently liaising with Life In Community to get a group set up in Leybourne Park.</p> <p>Reducing social isolation through physical activity, and encouraging positive mental health. Connector will support Kelly Cranston with the plans for this, with the view to look at starting sessions soon.</p>
May	<ul style="list-style-type: none"> - LIC Life In Community (Kelly Cranston) - Sport4Life (Sian Westwood) - ASB Co-ordinator WM Police (Stephen Thompson) - Tipton Harriers - Tipton Community Safety Team (Evan Hughes, Russell Allen, Ian Clews) - Local residents - CBC (Richard Franks) 	<p>Connector held a productive meeting discussing how we can engage youths through fun, exciting, and challenging opportunities, working with local PRU's and ABB detached teams.</p> <p>Tipton Community Safety mentioned working with Canal & Rivers Trust to create opportunities, utilising towpaths e.g. cycling, walks and possibly using bootcamps for 16-24yr olds - linking in with SMBC for skills/employment. There are 250 young people within Sandwell who have received ASB warnings.</p>	<p>The Connector has tried, on several occasions, to connect with Murray Hall however it's proved difficult to establish a line of dialogue. Raised this with Stuart, in the hope that his support may help elicit a response.</p>	<p>As with Friar Park, there is a need to consult the SCVO database for potential orgs to work with in the area.</p> <p>Community safety team and ASB leads need help and support in driving crime away from the area by providing greater opportunity for physical activity. Sport4Life will be a good partner to collaborate with this on.</p>
June	<ul style="list-style-type: none"> - Midland Mencap (Sandwell team; Dave Pickard, Pam Johnson) - Friends of Tividale Park - LIC Life in Community - Sport4Life (Sian Westwood) 	<p>Midland Mencap are looking to branch out into Sandwell, but need the support/links within the community so SCVO has connected BCM Connector with Pam & Dave (ops managers) Through Parkride, Mencap are planning to hold 8 <i>Cycling with Confidence</i> courses over the next 7 months in</p>	<p>LIC are waiting on funding to start Walk & Talk sessions. TIF may not be appropriate and the Connector is looking for alternative funding to cover administration, coordination, & management costs. Capacity is the issue; they have volunteers</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>To help facilitate 'Walk & Talk' sessions at Leybourne Park to support LIC in providing sustainability to the telephone befriending and counselling service - this</p>



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	<ul style="list-style-type: none"> - ASB Coordinator – WM Police - Tipton Harriers - Tipton Community Safety Team (Evan Hughes, Russell Allen, Ian Clews) - Sandwell MBC PDHO - Murray Hall - Rudis Crossfit - Dance to Health - SENSE 	<p>Sandwell. Sessions look at the right bike for the individual, road safety and bike maintenance to support and increase cycling ability and cycle in community setting of people's choice.</p> <p>Friends of Tividale Park new chair is Sharon Davies. Max Robinson contacted the BC Moving FB page to discuss their fitness/walk groups. They have a walking and fitness group that needs help to restart. The fitness group, through a grant, has over £1000 worth of equipment. There are changing rooms that have has new showers through a Government grant, they have been disused since 2013.</p>	<p>but not the resources for coordination and development of the sessions. LIC have a cohort of volunteers eager to set up activities based upon what clients are saying and their feedback. However, without the funding for co-ordination, they are struggling to facilitate these sessions. BCM team are now considering the Sandwell Vision 2030 grant as a way forward, and have contacted SCVO to discuss this.</p> <p>Murray Hall - Tried on several occasions to connect with in the hope they'd get back to me - to no avail. Raised this with Stuart, in the hope that his support may help elicit a response.</p>	<p>to improve people's MH and reduce social isolation through physical activity.</p> <p>To help support Kelly Cranston with the plans for this. Work with Sport4Life can help us use sport & PA to address ASB issues on the Railer</p> <p>Promote volunteering with Litter watch (plogging) as well as other local opportunities for PA - making people aware of the local assets in each of the wards to try to increase exercise participation.</p>
July	<ul style="list-style-type: none"> - Time Step (Vicky Parkinson) - Sandwell Physiotherapy/Integrated Care Team (Cheryl Street) - Healthwatch Sandwell (Melissa Elders) - Midland Mencap - Sandwell Team (Dave Pickard/Pam Johnson), - Friends of Tividale Park (Max Robinson) - LIC Life In Community (Kelly Cranston) - Sport4Life (Sian Westwood) - Tipton Community Safety Team (Evan Hughes, Russell Allen) 	<p>Midland Mencap are looking to branch out into Sandwell, but need the support/links within the community so Liz @SCVO has connected BCM with Pam & Dave (ops managers) Through #Parkride Mencap are planning to hold 8 cycling with confidence course over the next 7 months in Sandwell. Sessions look at the right bike for the individual, road safety and bike maintenance to support and increase cycling ability and cycle in community setting of people's choice.</p> <p>Friends of Tividale Park new chair is Sharon Davies. Max Robinson contacted the BC Moving FB page to discuss their fitness/walk groups. They have a walking and fitness group that needs help to restart. The fitness group through a grant has over £1000 worth of equipment.</p>	<p>LIC are waiting on funding to start the Walk & Talk sessions - Kelly completed her first draft application for TIF - now reconsidering TIF application for walk & talk, as it may not be the most appropriate funding route. Looking for alternative funding to cover administration, coordination, & management costs. Capacity is the issue - they have volunteers but not the resources for coordination and development of the sessions. LIC have a cohort of volunteers eager to set up activities based upon what clients are saying and their feedback. However, without the funding for co-ordination, they are struggling to facilitate these sessions. The</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>To help facilitate 'Walk & Talk' sessions at Leybourne Park to support LIC in providing sustainability to the telephone befriending and counselling service - this to improve people's MH and reduce social isolation through physical activity. To help support Kelly Cranston with the plans for this.</p> <p>Promote volunteering with Litterwatch (plogging) as well as other local opportunities for PA - making people aware of the local assets in each of the wards to try to increase exercise participation.</p>



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	<ul style="list-style-type: none"> - Just Youth - Malthouse (Ian Clewes) Jennifer Francis - PHDO's - Bangladeshi Women's Association (Harj Ganger), - Litterwatch (Alicia) - Glebefields surgey (Mandy), 	<p>There are changing rooms that have had new showers installed through a government grant, they have been disused since 2013.</p>	<p>Sandwell Vision 2030 grant may be the best solution and BCM are discussing with SCVO.</p> <p>Murray Hall - Tried on several occasions to connect with in the hope they'd get back to me - to no avail. Raised this with Stuart, in the hope that his support may help elicit a response.</p> <p>Promoted Just Youth summer activities</p> <p>Supported local walk leader volunteers with training opportunities.</p>	
August	<ul style="list-style-type: none"> - Time Step Dance (Vicky Parkinson) - St Marks Church (James Marsh) - Special Olympics Sandwell (Norma Hyde) - Sandwell NHS Community Nursing Team (Vilma) - Sandwell MBC Youth Services (Steve Walker) - Albion Foundation (Clive Allen) - Sandwell Steelers (Jamie Kelly) - Sandwell Physiotherapy/Integrated Care Team (Cheryl Street) - Healthwatch Sandwell (Melissa Elders) 	<p>Sandwell NHS Community Nursing Team contacted the Connector to say that there are few services within Sandwell for those with disabilities, and are now concerned about the amount of weight patients are gaining/gained throughout lockdown. They are working with adult patients over the age of 18 with a variety of medical conditions such as mild to moderate Learning Disabilities, Sensory Impairments, Autism, Downs Syndrome and Epilepsy- need for more services to signpost to for PA for those with learning disabilities. Looking at potentially getting a weight management programme set up, working with the dieticians where we could incorporate a healthy lifestyle session with a mix of exercise and nutrition. Activity types identified by Vilma are things like chair-based exercise, 2 music classes incorporating ball games/parachute exercises etc.</p>	<p>Community groups/instructors accessing the project - need to ensure they are offering activities based on community need.</p> <p>Supported Just Youth summer activities (HAF programme to help engage young people and provide them with activities for PA.</p> <p>Supported local walk leader volunteers with training opportunities.</p> <p>Supporting Kelly Cranston (L.I.C) with setting up Walk & Talk sessions (current capacity issues - so we are in talks to work out a plan moving forward)</p> <p>Support & promote active travel through Living Streets WOW programme.</p>	<p>Support St Marks Church activities, inc Time Step Dance, Zumba, Martial Arts.</p>



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September	<ul style="list-style-type: none"> - Black Country Housing (Kevin Priest, Christina, Jay), LIC (Kelly Cranston) - FOTP Friends of Tividale Park (Max Robinson) - St Marks Church (James Marsh) 	<p>St Pauls walk would be a good option for the LIC befriending group to attend (suggested by Matt Hill Sandwell PH)</p> <p>Black Country Housing Group have put BCM in touch with the Head of Housing and explained that the project is looking to engage with physically inactive people and to try and gather learnings as to what may encourage residents to take up</p>	<p>Due to funding issues for the Walk & Talk initiative with LIC, as well as concerns over duplication, we are now collaboratively organising Wellbeing Walks in partnership with Sandwell Stride to maintain a uniform approach to local services through Healthy Sandwell, and to avoid duplication in areas (all walks to be listed on the Healthy</p>	<p>Work with St Marks Church, support & promote current activities as well as exploring other opportunities to get people in Princes End more active.</p> <p>To work with housing associations to identify inactive people and to see how we can support residents to get moving more.</p>



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