

AUGUST
2021

Gm2Lf
a formula for change

BIG
LOCAL
WORKING
FOR YOU.

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SUMMER EDITION

Big Local Litter Picks

In partnership with Tipton Litter Watch, GM2LF Big Local are holding community litter picks across the area in September leading up to the National Clean Up Day on the 18th.



Join us on:

- Wednesday 8th 2021, 10am - 12pm by Holy Cross Church, Ashleigh Road.
- Monday 13th September 2021, 10am - 12pm at Wolverley Crescent, Lion Farm.
- Wednesday 15th September 2021, 10am - 12pm by Darley House, Wallace Close.

A skip will also be available on Wednesday 8th and Monday 15th, please feel free to bring and dispose your small unwanted household waste.



Anyone who takes part in a litter pick will receive a FREE Christmas hamper, delivered in December. (One per household).

National Clean Up month is September, so come and join us on any or all of the above dates and be part of something amazing locally and globally.



More info visit: <https://www.nationalcleanupday.org/>

For more information about the litter picks call 0121 557 6970.



Local Trust | Big Local



Big Local News

Big Local Big Feed - Christmas 2020

On 23rd December 2020, GM2LF Big Local funded and organised the Big Local Big Feed, delivering Christmas hampers to 88 households and supporting over 320 people in the area.

Santa helped with the deliveries and hampers were dropped off to families in need of a bit of help last year.

We would like to say a big thank you to everyone who got involved and in particular to our Board Member Vicky Jones who led the initiative.

We would also like to thank Campbells Meats, Sharon's Fruit & Veg and Aldi UK for supplying the food for all the hampers.



Celebrating Our Volunteers

Volunteers' Week takes place between 1-7 June every year and is a time to recognise and thank volunteers.

During an exceptionally difficult year, people from all walks of life around the UK have taken the time to volunteer and made a huge difference to people and their communities – just as they do every year.

As we were unable to celebrate in our usual way by holding a party we virtually thanked over 30 volunteers for their commitment and contribution over the last 12 months, plus those who have been unable to volunteer because of the pandemic.

If you are interested in volunteering and joining the GM2LF Big Local Partnership Board, please contact Helen Trueman, email: helen.gm2lf@outlook.com or tel: 07724 584241



Outstanding Young Community Organisation

In April 2021, Big Local Little Voices (BLLV) were awarded the West Midlands Police and Crime Commissioners Award for Outstanding Young Community Organisation.

This award was thoroughly deserved. We are proud of their remarkable accomplishments and of the contributions they have made to the Big Local area.

Big Local Little Voices will be back at Wallace Youth Project, Darley House community room on Wednesday 8th September at 6.30pm.

If you live in the Grace Mary to Lion Farm area, are aged 8 to 16 and would like to be part of an amazing group of young people who wish to make change to the area you live in, please do come and join us.

For more information contact Tracy Lowe, email: lowe.tm@gmail.com or tel: 07817 175988



Big Local News

This Year, GM2LF Big Local in Bloom presents; Nature Spaces

Do you have;

A Blooming green space, A ripening Vegetable patch,
A Fantastic Fairy Garden, A blossoming window box
or are you an avid natural photographer?

We would like to see your natural spaces.

This year we have 12 competition Categories.

All 12 winners will be featured in the GM2LF 2022 calendar,
as well as a lovely £50 prize voucher.

To be in with a chance of winning, all you need to do is take a
landscape photograph of your nature space and email it to
helen.gm2lf@outlook.com by 12pm on 30th September 2021

An independent panel will assess all entries and choose the
local winners.

We can't wait to see what beautiful nature spaces there are in the GM2LF area



Categories

1. Best work of art (11 and under)
2. Best work of art (12 and over)
3. Best garden
4. Best hanging basket/window box
5. Best vegetable
6. Best houseplant
7. Best community space
8. Best Fairy garden
9. Best water feature
10. Best wildlife space
11. Best secret garden
12. Creative gardening

Freestyle Karate is Back!

Funded by the GM2LF Big Local, Stephen Miller Warrior Squad (SMWS) Freestyle Karate is back in action every Tuesday 6pm - 7pm at Holy Cross Church, Ashleigh Road, Tividale, B69 1LL.

The group is open to anyone age 5 and over and of any ability. Sessions are delivered in a fun, engaging and safe environment by very experienced and skilled coaches.

So, whether you want to get fit, lose weight, boost your confidence or learn self defence why not give it a try. **The first class is FREE!**

For more information contact Stephen Miller on 07833 544980
Facebook: Stephen Miller (smws freestyle)



Grace Mary to Lion Farm Big Local

Visit our website: www.gm2lf.org Like us on Facebook: Grace Mary to Lion Farm Big Local (GM2LF)
Follow us on Twitter: @GM2LF_Official

General Enquiries

Helen Trueman, Email: helen.gm2lf@outlook.com Tel: 07724 584241



Children & Young People



New Youth Programme at Holy Cross

Starting on Thursday 7th October 2021, 5.30pm – 7.30pm, GM2LF Big Local are running a FREE 12 week youth programme at Holy Cross Church, Ashleigh Road, Tividale. B69 1LL.

The programme is for anyone age 8 and over and will be an opportunity to develop skills, meet friends, have fun and chill out.

For more information contact Tracy Lowe, email: lowe.tm@gmail.com or tel: 07817 175988

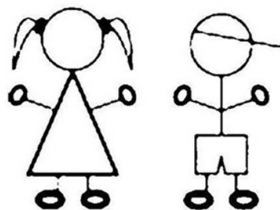


Wallace Youth Project - Reopens

Wallace Youth Project will be reopening on Tuesday 7th September, 5.30pm – 7.30pm at Darley House, Wallace Close, B69 1HP.

Based centrally in the Big Local area the Youth Club has been running for over 25 years. It offers 8 – 16 year olds a place to come together, make new friends, enjoy a range of activities or just hang out.

For more information contact Tracy Lowe, email: lowe.tm@gmail.com or tel: 07817 175988



Introduction to Playwork Course

In partnership with Sandwell Council, GM2LF Big Local hosted a 5 week Introduction to Playwork course at Holy Cross church, Tividale.

The course helped people understand and develop their understanding of play, explore the role of a playworker and gain a qualification.

We would like to thank Sandwell Play Service for providing free play goodie bags which were given to everyone who attended.



Children & Young People

Junior Leader Course

Six week course
Every Monday
Start Date: October 4th 2021
Time: 4:30 - 6:30
Venue: Oakham Church
Age: 13 plus
6:00 - 6:30 Evaluation,
reflection and free pizza



For further details and to register contact:
Tracy on: lowe.tm@gmail.com
or Nick Lockwood on:
nick_lockwood@Sandwell.gov.uk
or ring 07920246809

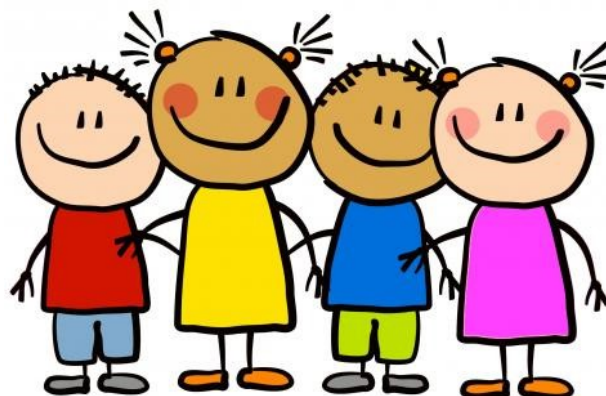


Once complete, you will receive a signed certificate recognising you are now a community young leader



Parent & Toddlers Group Reopens at Holy Cross Church

Tots & Co, parent and toddlers group have now reopened. The group meets every Thursday at 9am - 11am (term time only) at Holy Cross Church, Ashleigh Road, Tividale. B69 1LL.



The group offers opportunities for friendship, learning and fun. The group also provides an opportunity for parents/grandparents /carers to meet.

A safe and fun space for people to bring their children. There are lots of activities including painting, cooking, a make believe play area, special baby area, jigsaws lots and lots of toys and a soft play area.

Food and refreshments are also available at the weekly sessions.

For more info contact: Dianne Darby on 07787 227492 or email dianne741@live.co.uk

Health & Wellbeing



We find the support you need

Sandwell's Public Health team have adopted a new approach to improving the health of everyone and YOU have a big role to play. Called Stronger Sandwell the approach is founded on three key principles

Build on Sandwell's strengths: Everything we do will be based on local people's ideas and skills. In this way, we'll do our work WITH local people not TO them.

Local Focus and Investment: We'll invest time and resources locally. This means focusing on health improvement projects run BY local people FOR local people, not by large companies from outside the area.

Nobody is left behind: We'll make sure that we never forget those facing the biggest life challenges. This may include the oldest and youngest members of our community, as well as those living with disabilities or financial hardship. Our Stronger Sandwell is for everyone.

We need **YOU!**

Our 'Big Ideas' Initiative is a simple one. We are inviting people across Sandwell to tell us their ideas for how we can help people improve their physical or mental health. Then we work with them to make their ideas a reality.

Don't keep your ideas to yourself, let us know what you think at <https://www.healthysandwell.co.uk/big-ideas/>



Breast Feeding Network (BFN)

BFN provide free breastfeeding information and support to families in Sandwell.

To access breastfeeding peer support in Sandwell at any time (before or after birth) please call/text 07505 775357 and BFN will get back to you to arrange support by telephone or video as appropriate.

Join their peer supporters at the drop-in groups on Zoom – Mondays 12:30pm-2pm, Wednesdays 10.30am-12pm and Friday 10.30am-12pm- for information, support or just a friendly face. It's a great way to meet other local breastfeeding families too.

For more information on any of their services

- Call/text 07505 775357
- Email sandwell@breastfeedingnetwork.org.uk
- Facebook page <https://www.facebook.com/breastfeedingsandwell>



Domestic Abuse Support

Black Country Women's Aid provides support to women, men and children.

Call the 24-hour helpline on 0121 552 6448, text or WhatsApp on 07384 466 181 (9am-9pm week-days), or email idva@blackcountrywomensaid.co.uk

Call 999 if you are in immediate danger. If you can't speak and are calling from a mobile, listen to the operator and, when prompted, dial 55 to connect to the police.

Go to www.sandwell.gov.uk/domesticabuse for advice on local support.

If you are concerned about your own behaviour towards others, call the anonymous Respect helpline on 0808 802 4040. For details go to www.respectphoneline.org.uk



Health & Wellbeing

From Lockdown to Relaxation of Covid Rules: Tips on Looking After Your Mental Health

For many of us, the easing of lockdown restrictions brings longed-for opportunities – to see friends, play sports, resume contact with family in ‘real space’ or get back to work that we value.



But for many of us, even the happy, much anticipated changes and re-adjustment can be difficult for our mental health.

And for many others the prospect of coming out of lockdown, when debate is still live about the science supporting it, can be a real worry. This may especially apply to those more vulnerable to the virus and those of us with mental health concerns.

Visit the Mental Health Foundation website – Tips on looking after your mental health

www.mentalhealth.org.uk/coronavirus/looking-after-your-mental-health-we-come-out-lockdown

Emotional Support

Talking about how you feel can have big benefits. And people who care about you like friends and family are usually happy to listen and support you. But you can also call the following lines to talk about how you are feeling.

Black Country Mental Health Helpline

Black Country Healthcare NHS Foundation Trust helpline is open to residents of all ages across the Black Country, it is available 24 hours a day, 7 days a week.

Particularly suited to those who feel like they need urgent help, the helpline is manned by specialist mental health staff, who will provide advice, support and signposting over the phone.

Tel: 0345 6460827

Sandwell Healthy Minds

The Healthy Minds / Talking Therapy services which offer psychological therapy services for people experiencing common problems such as low mood, depression, anxiety and stress

Tel: 0303 033 9903

Website: www.sandwellhealthyminds.nhs.uk/

CAMHS – Sandwell

Offer help to young people with complex, severe or enduring emotional and mental health problems. They support young people who are aged between 5-18 years of age and who are registered with a Sandwell GP.

Tel: 0121 612 6620

Website: www.blackcountryminds.com

Samaritans

Can be contacted by telephone, e-mail and mini-com. They are open 24 hours a day, every day of the year.

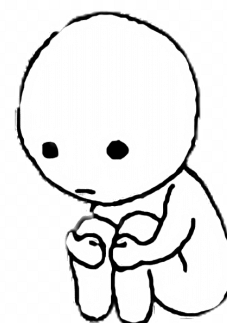
Telephone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

Shout 85258 is a free, confidential, 24/7 text messaging service for anyone in the UK. It's a place to go to if your struggling to cope.

To start a conversation Text 'TeamKPG' to 85258. You'll receive four automated messages before you're connected to someone who will listen without judgement.



Learning & Support

Re-train, Upskill or Learn Something New

Sandwell Adult and Family Learning (SAFL) is the adult education service for Sandwell Metropolitan Borough Council.



Their online offer provides the flexibility to fit learning around your busy lives. So, if you need to re-train and upskill or would just like to try something new, SAFL and SAFL Online are there to support you Shaping Lives, Through Learning.

Check out their website and social media for up to date information www.learnsafl.ac.uk

Facebook: @SandwellAdultEd

Twitter: @learnsafl

For more information on what's on offer or to enrol on a course

Tel: 0121 557 0837

Email: Contact_Safl@sandwell.gov.uk

Mental Health First Aid Training

In April and May, GM2LF Big Local hosted free online Mental Health First Aid training. Over 40 workers from schools, churches, community groups and the GM2LF Partnership Board became accredited Mental Health First Aiders.

The course gives an in-depth understanding of mental health and the factors that can affect wellbeing.



CASSIE BUS

Over the last 18 months, CAB Sandwell and Walsall, CASSIE Bus (Citizens Advice Sandwell Supporting Inclusion & Equality) has been travelling around the borough.



The experienced advisors have supported people with a range of issues including benefits, debt, housing and consumer rights.

The bus is parked at St James Church on the Lion Farm Estate every other Thursday. For more information visit: <https://citizensadvicesandwell-walsall.org/>