

JUNE  
2023

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BIG  
LOCAL  
WORKING  
FOR YOU.

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# Changing Times

SUMMER EDITION

## Dump Your Junk - Responsibly

In partnership with Litter Watch, GM2LF Big Local are holding community litter picks across the area in August 2023.



Anyone who takes part in a litter pick will receive a **FREE Christmas hamper\***

### Join us on:

- Monday 14th August 2023, 10am - 12pm by Holy Cross Church, Ashleigh Road. B69 1LL
- Wednesday 16th August 2023 10am - 12pm by Darley House, Wallace Close. B69 1HT
- Monday 21st August 2023, 10am - 12pm at Cotswold Close. B69 1FB

A skip will also be available on Monday 14th and Monday 21st, please feel free to bring and dispose your small unwanted household waste.



*\*Christmas hampers will be delivered in December. (One per household).*



# Big Local News

## Big Local in Bloom is Back for 2023!

GM2LF is running Big Local in Bloom 2023, a gardening competition for people who live in the Big Local area.

The competition is in four categories:

- Best front garden
- Best back garden
- Best container/pot/balcony
- Best King's Coronation celebration garden/space

Winners will receive a £50 voucher and feature in the GM2LF 2024 calendar.

To be in with a chance of winning send a landscape photo of your entry to Helen - [helen.gm2lf@outlook.com](mailto:helen.gm2lf@outlook.com)

*(please state the category (ies) you are entering and your postcode)*

**Closing date - 23rd September 2023**



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## Big Local in Bloom Competition 2023

### Categories

- Best Front Garden
- Best Back Garden
- Best Container/Pot/Balcony
- Best King's Coronation Celebration Garden/Space

All winners will be featured in the Grace Mary to Lion Farm (GM2LF) 2024 calendar and receive a £50 voucher

### How to Enter

To be in with a chance of winning take a landscape photo of your entry and email it to [helen.gm2lf@outlook.com](mailto:helen.gm2lf@outlook.com) by 22nd September 2023  
(Please state which category(ies) you are entering along with your full name and address including postcode)

For enquiries please contact Helen Trueman at GM2LF on 07724 584241

## Pantos at Primary Schools

With funding from GM2LF Big Local, the Grand Theatre Wolverhampton will be visiting primary schools across the area to perform Snow White.

Pupils at Oakham Primary School, St James Primary School and Grace Mary Primary School will get to see the panto in October 2023.

With lots of boos and cheers we hope both pupils and staff have a great time!

**Grand Theatre Wolverhampton:**  
[www.grandtheatre.co.uk](http://www.grandtheatre.co.uk)





# Big Local News

## Over 50s Afternoon Tea

### Big Local Big Meet Up

Wednesday 19th July 2023

12.30pm - 2.30pm

Portway Lifestyle Centre,  
Newbury Lane, Oldbury. B69 1HE.

Indulge in afternoon  
tea whilst enjoying live  
entertainment

**FREE**

Raffle Prizes

### Big Local Big Meet Up

Enjoy an afternoon tea with live entertainment.

**Wednesday 19th July 2023,**  
12.30pm- 2.30pm at Portway  
Lifestyle Centre. Newbury Lane,  
Oldbury. B69 1HE.

**To reserve a place contact:**  
Helen Trueman  
Email: [helen.gm2lf@outlook.com](mailto:helen.gm2lf@outlook.com)  
Tel: 07724 584241

**Closing date for bookings**  
**30th June 2023.**

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## Big Local Big Feed 2023

A Free Christmas Lunch for big Local residents on receipt of means tested benefits.

All you have to do, is sign up with your proof of benefit between the 11th September and 6th October, then collect your hamper from your Local GM2LF Hub on Friday 22nd December between 3pm and 5pm and Cook your meal on Christmas Day!!

#### Lion Farm Action Centre

- Wednesdays 12.30pm till 2.30 pm
- Mondays 12.30pm till 2.30pm

#### St James Church

- Tuesdays 9am till 11am
- Thursdays 7.30pm till 8.30pm

#### Oakham Evangelical Church

- Thursdays 10.30am till 12.30pm

#### Holy Cross Church

- Tuesdays 10.30am till 12.30pm

#### Wallace Youth Project

- Tuesday 5.30pm till 7.30pm

### Big Local Big Feed 2023

Big Local Big Feed returns in 2023, providing Christmas hampers to individuals and families who need a bit of extra help this year.

This year, to register take your proof of benefit on a day and to a hub listed. **Registration will be open between 11th September and 6th October 2023.**

**Hamper collections will be between 3pm and 5pm on Friday 22nd December 2023.**



# The King's Coronation



**GM2LF Big Local gave grants to community hubs and groups in the area so they could hold their own community activities and events to commemorate the King's Coronation.**

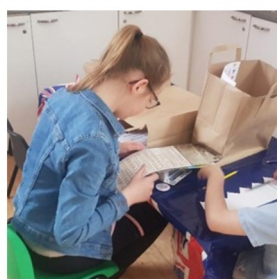
Grants were awarded to Lion Farm Action Centre, Wallace Youth Project, Oakham Church and Oakham Community Club.

It was incredible to see nearly 350 people come together to celebrate the Coronation.

Well done to all the groups and volunteers who helped with the planning and organising of the events. You are all amazing!

You can see all the photos from the events on our Facebook page: **Grace Mary to Lion Farm BIG Local (Gm2Lf)**

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# Big Local Awards



## Celebrating Our Volunteers

As part of the UK's National Volunteers' Week which ran from 1st - 7th June 2023, the GM2LF Big Local held a party to celebrate our volunteers on Wednesday 7th June 2023 at St James Church.

The party was held to say 'Thank You' and to recognise the outstanding contribution which is made by volunteers in the area. Over 60 people attended and 55 awards were given out.

Thank you again to the amazing volunteers who received an award. These people are a shining example of how we can all make a big difference to other people and the communities we live in every day.

To view all the awardees and photos from the event please visit our Facebook page: **Grace Mary to Lion Farm BIG Local (Gm2Lf)**

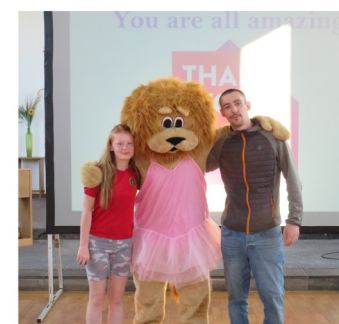
### Volunteer for GM2LF Big Local

If you would like to know more about volunteering for the Big Local please get in touch with Helen Trueman

Email: [helen.gm2lf@outlook.com](mailto:helen.gm2lf@outlook.com)

Tel: 07724 584241

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## A Cracking Family Easter Bake Off Competition



In April 2023, GM2LF Big Local held a Family Easter Bake Off competition.

GM2LF supplied the ingredients, utensils and recipe and the Paul Hollywood's and the Mary Berry's of the area did the hard work baking and creating fantastic Easter cakes.



**Congratulations to Cassandra Felton and girls for winning the competition with their wonderful creation.**

Thank you to everyone who entered. You can see all the wonderful Easter cake creations on our Facebook page: **Grace Mary to Lion Farm BIG Local (Gm2Lf)**

# Health & Wellbeing

## Support for Young People Aged 11- 25

**Kooth.com is a free, safe and anonymous website for young people aged 11-25 in the Sandwell.**

Kooth can be accessed on any web enabled device 24 hours a day and is a safe and trusted place for young people to go to seek support with their mental health.

As Kooth.com is a digital service, young people can access support in the comfort and privacy of their own homes. With no long waiting times and no minimum criteria. Kooth is a fantastic way for young people to get the help and support they need, when they need it, rather than having to wait on a waiting list.

**Young people can sign up directly at [www.kooth.com](http://www.kooth.com)**



**kooth**

**Your free, safe and anonymous online mental wellbeing community**

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

Magazine	Chat with the team	Discussion boards	Daily journal and goal setting	Mini activity hub
Helpful articles, personal experiences and tips from young people and our Kooth team.	Chat to our helpful team about anything that's on your mind. Message us or have a live chat.	Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!	Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.	Select from a growing menu of fun, therapeutic and useful activities.

**How to sign up**

- 1 Head to [Kooth.com](http://Kooth.com)
- 2 Click on the 'Join Kooth' button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were born.
- 5 Click on the **gender, ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

**Where to find us**

[kooth.com](http://kooth.com) [@Kooth\\_UK](https://www.instagram.com/kooth_uk) [Kooth\\_UK & Kooth Podcast](https://www.facebook.com/kooth_uk) [Kooth Podcast](https://www.youtube.com/koothpodcast)

## Sandwell Talking Therapies

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

### SANDWELL TALKING THERAPIES

Previously known as  
**Sandwell Healthy Minds**

A service for people who are feeling  
**STRESSED, ANXIOUS, LOW IN MOOD OR DEPRESSED**



"How can Healthy Minds help me?"

"You will be able to talk about your concerns"

"You will be listened to without prejudice".

"You will learn skills and strategies to help you make positive changes in your life"

You can choose how we support you,

- ♦ FACE TO FACE
- ♦ TELEPHONE
- ♦ VIDEO LINK
- ♦ ONLINE PROGRAMME
- ♦ LIVE COURSES

To book your initial appointment, call  
**0121 612 6650**  
or self-refer via  
[www.sandwellhealthyminds.nhs.uk](http://www.sandwellhealthyminds.nhs.uk)



Together with you to achieve healthiness, happier lives

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

### SANDWELL TALKING THERAPIES

Previously known as  
**Sandwell Healthy Minds**

#### MATERNAL EMOTIONAL WELLBEING



"Are you pregnant or have you recently had a baby?"

"Have you lost a baby? (Miscarriage, still birth Sudden Infant Death Syndrome (SIDS) (also known as Cot death), termination?"

"Has your pregnancy / birth been difficult?"

"Have you suffered with postnatal depression in the past?"

**Yes ? Then Talking Therapies can help you .....**

*Specialist support is available for you or your partner.*

To book your initial appointment, call  
**0121 612 6650**  
or self-refer via  
[www.sandwellhealthyminds.nhs.uk](http://www.sandwellhealthyminds.nhs.uk)



Together with you to achieve healthiness, happier lives

# Support in Sandwell



## Let's Chat Mobile Van

Community Transport are working with Transport for West Midlands on a 'Let's Chat project.

The mobile units will be travelling across the region including regular stops at Oldbury at Dunelm, Barnford Park and Civic Square.

Staff on board offer a warm welcome, a chat and a cuppa. Advice, signposting and information is available to help you make the most of your local community.

### Community Transport

As part of the Let's Chat Project, Community Transport are offering door to door transport to help people access their local community activities on fully accessible minibuses for only £1.30 per journey.

**For more information please contact Vidal Lee:**

Tel: 01902 910263

Mobile: 07974 626 885

Email: [vidal.lee@communitytransport.org](mailto:vidal.lee@communitytransport.org)

(Working hours: Mon-Thurs 9.30am-14.30pm)



## Supporting Residents in Sandwell



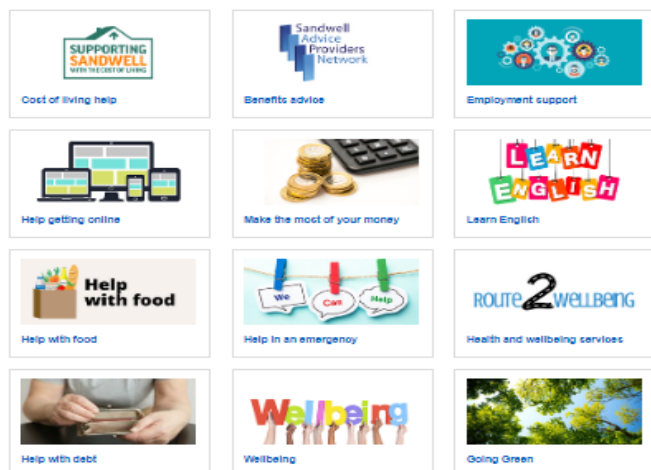
## Resilient Residents

Sandwell Council's website 'Resilient Residents' provides Sandwell residents with a wide range of advice and support.

**Get support with:**

- Cost of living
- Benefits
- Food
- Employment support
- Debt
- Your money
- Getting online
- Learning English
- Your wellbeing
- Going green

**Visit:** [www.sandwell.gov.uk/resilientresidents](http://www.sandwell.gov.uk/resilientresidents)





# Community Groups

## Warm Space Changes to a Cool Place to Be



From November 2022 till March 2023, Lion Farm Action Centre welcomed residents as part of Sandwell Warm Spaces.

The scheme was set up and funded by Sandwell Council to help people cope with the rise in living costs, particularly heating bills. Lion Farm Action Centre received Vision 2030 funding through SCVO (Sandwell Council of Voluntary Organisations) to provide warm space sessions throughout the week. Visitors to Lion Farm Action Centre received a warm welcome and a hot drink as well as being able to take part in fun activities including games and quizzes.

Following the success of the Warm Space sessions, Lion Farm Action Centre has secured funding through the Heart of England Community Foundation, to continue providing coffee mornings with a range of new, fun activities. Activity Lead, Carol Daly makes sure everyone is happy by providing refreshments and activities including cake decorating, paper crafts, card making, quizzes, seed planting and growing as well providing information and guidance when needed.

**Anyone is welcome to come along. Session times are:**

Monday 11.00-12.30, Tuesday 11.00-12.30

Wednesday 11.00-2.00 and Friday 12.00-2.00

For more information call 0121 544 3094

or pop into the Vicarage, Shelsley Avenue next door to St James Church.



## Oakham Community Club - New Members Always Welcome

**Oakham Community Club (OCC) meets every Tuesday, 11.30am – 13.30pm at Holy Cross Church, Ashleigh Road, Tividale, B69 1LL.**

OCC provides a range of activities for people primarily aged 55 plus. Join the club on a Tuesday to meet new friends old and new, play games such as bingo or just have a cuppa and a friendly chat.



A warm welcome is always on offer to everyone, along with plenty of tea and coffee!

**For more information please call 07385 679337 or 07790 452530.**