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MAY
2024

Gm2Lf
a formula for change

Changing Times

SPRING/SUMMER EDITION

BIG LOCAL WORKING FOR YOU.

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Dump Your Junk - Responsibly

In partnership with Litter Watch, GM2LF are holding community litter picks across the area in August 2024.

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

Join us on:

- Thursday 15th August 2024, 10am - 12pm by Holy Cross Church, Ashleigh Road. B69 1LL
- Monday 19th August 2024 10am - 12pm by St James Church, Shelsley Avenue. B69 1BG
- Wednesday 21st August 2024, 10am - 12pm by Darley House, Wallace Close. B69 1HT

A skip will also be available on Thursday 15th and Monday 19th, please feel free to bring and dispose your small unwanted household waste.

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



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 **COMMUNITY FUND**

Big Local News

Big Local Big Feed 2023

On 22nd December 2023, GM2LF Big Local funded and organised their fourth Big Local Big Feed.

Christmas hampers were given to 175 households, supporting almost 700 people across the area.

Thank you to Wallace Youth Project, Holy Cross Church, Oakham Church, St James Church, Lion Farm Action Centre and the amazing volunteers who made it all possible.



Hamper packing at St James Church

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Free Family Day Trips

Bookings - Maximum 3 children (0-17yrs) & 2 adults

FOR RESIDENTS ON MEANS TESTED BENEFITS

Coach Trips to:
 Barry Island - **FULLY BOOKED**
 Telford Park - 14th August 2024
 Weston-Super-Mare - **FULLY BOOKED**
 Blackpool - **FULLY BOOKED**
1 TRIP PER HOUSEHOLD ONLY

Coaches depart at 9.30am from the bus stop by the Post Office on Newbury Lane, and return at approx 9.30pm at the same place. Telford Park returns at approx. 4.30pm.

To book a trip you must complete a booking form and submit your evidence of benefit. Bookings close 3 weeks before each trip. (Bookings will not be held without these)

For a booking form please contact Helen Trueman - helen.gm2lf@outlook.com or use the link <https://forms.gle/JFffeBkxDTRZM3cv9>

Local Trust | Big Local | COMMUNITY FUND

Family Trips 2024

There are still a few places remaining on our trip to Telford Park on 14th August 2024.

Places will not be held without emailing your proof of benefits and we are allocating on a first come first serve basis.

To be eligible you must live, work or volunteer in the Grace Mary to Lion Farm area or have a child attending St James, Grace Mary or Oakham Primary School.

To book a trip use the link to register and then send your proof of benefits to Helen Trueman email: helen.gm2lf@outlook.com or email Helen directly for a booking form.

BOOKING LINK - <https://forms.gle/JFffeBkxDTRZM3cv9>



Big Local News



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Over 50s Afternoon Tea

Wednesday 3rd July 2024
12.30pm - 2.30pm
Dudley Golf Club
Turner's Hill, Rowley Regis, B65 9DP

Indulge in afternoon tea whilst enjoying live music from Vicky Elise

FREE

Bingo & Raffle Prizes

To reserve a place contact Helen Trueman at GM2LF Charity
Email: helen.gm2lf@outlook.com
Tel: 07724 584241
Closing date for bookings - 10th June 2024

COMMUNITY FUND
Local Trust | Big Local

Summer Afternoon Tea

Enjoy an afternoon tea with live entertainment from singer Vicky Elise.

Wednesday 3rd July 2024,
12.30pm- 2.30pm at Dudley Golf Club,
Turner's Hill, Rowley Regis, B65 9DP.

To reserve a place contact:

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

Closing date for bookings:

10th June 2024.

(Places are limited and will be allocated on a first come first serve basis)

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a formula for change

GM2LF Charity - Charity No: 1197729

The Grace Mary to Lion Farm (GM2LF) Big Local's National Lottery Community funding finishes in 2025. To try and maintain some of the activities delivered over the past 8 years the GM2LF Charity has been set up.

The charity will have access to a range of funding opportunities with the aim to sustain the work for the benefit of the community beyond the end of the programme.

The residents of the GM2LF area remain at the heart of everything we do!



Contact Us

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

Local Stars

Championship Winner

Rising star from Grace Mary, Andre Piper wins his first Championship Fight.

Andre aged 12 has been training with SMWS Freestyle Karate at Holy Cross Church every Tuesday evening for the past 18 months.

GM2LF funded SMWS to deliver sessions at the church to give people the opportunity to learn martial arts, to advance and participate in tournaments.

Up and coming Andre had the opportunity to go to the Wku Championships in February 2024, where he excelled and came 1st in the category 10-12 years. By achieving this Andre has been selected to go the World Championships in Rhodes later in the year.

We wish Andre every success on his martial arts journey.

Join SMWS Freestyle Karate on a Tuesday evening and start your own martial arts journey. Whether your goal is to learn self-defence, get fit, lose weight, have fun or meet new people, give the class a go!

For more information, please contact Stephen Miller on 07833 544980.



Easter Bake Off Winners

In April 2024, GM2LF Big Local held a Family Easter Bake Off competition.

In partnership with Sainsburys, GM2LF supplied the ingredients and recipe for families to have fun baking and creating their own Easter Cake.



Congratulations to Helen Woodcock and girls for winning the competition with their wonderful creation.

Thank you to everyone
Who entered.

You can see all the amazing
Easter cake creations on our
Facebook page:
**Grace Mary to Lion Farm BIG
Local (Gm2Lf)**



For the Community

Community Minibus for Hire

GM2LF Charity has a 15 seater minibus available to hire for community groups and families. The minibus can be driven on a car driving licence.

Hire costs (without a driver):

- Full Day Rate - £120 (available from 8am/8.30am for a 24hour period)
- Half Day Rate - £70 (available from 8am/8.30am till 6pm)
- Full Week Rate - £600

There will be an extra £150 refundable deposit, once the minibus has been checked, back in on time, clean and with a full tank of fuel and no insurance claims are made.



Community groups within the Grace Mary to Lion Farm area will be eligible for a 10% discount.

For more information and to book please email: minibus.gm2lf@outlook.com

Community Bench & Statue

You may have noticed that a bench has appeared at St James Church and a lion statue at Holy Cross Church.

These have been designed by young people of the GM2LF area. A youth group called Big Local Little Voices (BLLV) worked on the design before the pandemic hit.

The bench represents loneliness in young people and a place where you can sit if you wish to talk about how you are feeling.

The statues were designed to showcase the events and activities going on in the area. A lion statue will also be placed at Oakham church and a bench and a statue outside Darley House.

BLLV are so proud of the project and it is great to see their work now appearing across the GM2LF area.

Look out for the next project. BLLV are working on developing the open space garden area to the rear of the houses on Wallace road.

If any resident would be interested in helping with improving this waste land please contact Tracy Lowe on 07817 175998.



Local Activities

Free 12 Week Weight Loss Programme

You can join the programme if:

- ☺ You live in Sandwell or have a doctor there
- ☺ You are 18 years old or older
- ☺ You have a BMI over 25 or (BMI 23> in people of Black African, African-Caribbean and Asian origin)

Call for free on 0800 0111 4656 or 0121 569 5100

Text GETHEALTHY to 87007

www.healthysandwell.co.uk

Let's work together towards a healthier, happier you.

- Group Support
- Face-to-Face sessions
- Online sessions
- Digital Support
- Follow up sessions



You can join the programme if:
 -You live in Sandwell or have a doctor (GP) there
 -You are 18 years old or older
 -You have an BMI over 25 or (BMI 23> in people of Black African, African-Caribbean and Asian origin)

Call for FREE 0800 011 4656 or 0121 569 5100
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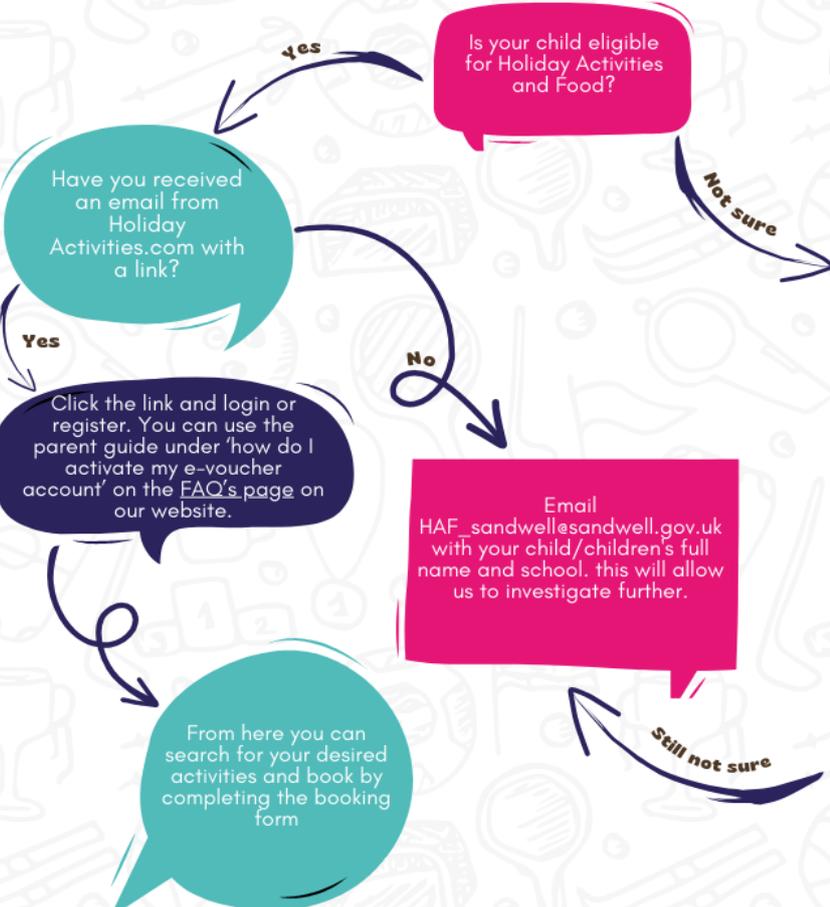


Sandwell Holiday Activities

Is your child eligible for Holiday Activities and Food?

Check out the booking guide below and if you are still not sure please email HAF_sandwell@sandwell.gov.uk with your child/children's full name and school.

HAF Booking guide



Eligibility Criteria

- DfE Guidance - Who is eligible for free school meals?
- Free school meals are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:
- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guarantee element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)





HELP & SUPPORT FOR YOUNG PEOPLE

HELPFUL CONTACT DETAILS

Speaking to Childline

When you call Childline on **0800 1111**, you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

When young people get in touch with Childline, on the phone, via email or through online chat, you will speak to a volunteer, Childline counsellor who's there to listen. Childline counsellors are trained to make young people feel heard, empower them to make positive changes, and safeguard them against abuse or neglect.

Mental Health in Young People. KOOTH

1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, they believe every young person has the right to thrive and to access high quality mental health care. **Kooth.com** is commissioned in the UK. The NHS, Local Authorities, charities and businesses have access to anonymous and personalised mental health support for Children and Young People.

DECCA (Drug Education, Counselling and Confidential Advice)

Sandwell's young people's drug, alcohol and tobacco service. The team work with any young person that lives in the Sandwell area aged 18 or under and also works any agency that work with them.

You can call Decca on **0121 569 2201** to talk about worries and concerns you have as a young person, or if a friend you know, who is experiencing issues with drugs such as alcohol, cannabis, tobacco, volatile substances and class A drugs.

All these support details can be contacted in strict confidence, you can remain anonymous. Please don't suffer alone, make contact today. Get the help and support you deserve.

WORDSEARCH



Find all the words

- DECCA
- VAPES
- HAPPY
- CHILDLINE
- HELP
- KOOTH
- RELIEF
- DRUGS
- HEALTH
- LONELINESS

D	E	C	C	A	B	D	S	K	P
A	H	E	A	L	T	H	X	O	M
L	O	N	E	L	I	N	E	S	S
G	F	H	A	P	P	Y	A	T	V
B	S	G	R	A	V	H	O	H	A
D	R	U	G	S	N	E	L	D	P
A	C	H	I	L	D	L	I	N	E
R	E	L	I	E	F	P	O	J	S

With Spring here, why not make a bird feeder, once you have made the feeder, hang it in your garden/balcony and relax, watching the birds feed. Send pictures of the birds feeding to helen.gm2lf@outlook.com or tracy.gm2lf@outlook.com

Your pictures will be posted on our Facebook page [Grace Mary to Lion Farm BIG Local \(Gm2Lf\)](#)

How to make your own bird feeder

What you need:

- dry ingredients
 - bird seed
 - dried fruit
 - cooked rice
 - breadcrumbs
 - grated cheese
 - chopped nuts
- hard cooking fat (lard or suet)
- a pine cone, coconut shell or yoghurt pot
 -   
 - Use an old yoghurt pot for this, and always recycle after it's been used
- string 

1 Mix all the dry ingredients together in a bowl



2 Add the fat and give it a good mix around

3 Choose your feeder



press into a yoghurt pot

put it round the inside of a coconut shell

4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



Hang your feeder where you can watch birds without disturbing them

If you need to melt the fat, ask an adult to help



You can hang this upside down like a bell or turn it out like a cake