

MARCH 2016

Gm<sup>2</sup>Lf  
a formula for change

# Changing Times

SPRING EDITION

**BIG  
LOCAL  
WORKING  
FOR YOU.**

**INSIDE  
THIS ISSUE:**

**Big Local's 2  
Community  
News**

**Crime 3  
Reduction  
Campaign**

**What's 4/5  
Going on?**

**Local 6  
Activities**

**Saving 7  
Challenge**

**Focus on 8  
the Phoenix**

## Big Local In Bloom Blossoms Back

**Following the success of the GM2LF Big Local in Bloom competition last year, the competition for 2016 has now been launched.**

It is hoped that this years' competition will be even better than last year.

**So get out in the garden and grow some flowers for your chance to win a cash prizes of up to £150.** Prizes will be awarded for the most improved gardens and balconies in the Big Local area.

'Before and after' Photographs will be taken of all gardens and balconies belonging to people that have entered the competition.

**For an application form or  
more information please  
contact:**

Helen Trueman

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

Tel: 07724 584241



**Closing date for applications is Friday 15th April 2016.**

## Big Local Make Donation to

### Burglars stole hundreds of pounds worth of Christmas presents in a break-in at Warrens Hall Care Home.

The burglary at Warrens Hall was discovered in early December, just a day before a planned Christmas party. Thankfully the party went ahead as people from the local community helped to replace presents.

On hearing the sad news GM2LF Big Local Partnership contacted the nursing home to make a donation to cover the value of the stolen gifts.



*Father Christmas and Big Local's Gracie the Lion*

### Development of Wallace Close Play Area

**Wallace Youth Project are currently seeking funding of £35,000 to re-develop the community play area.**

They are currently working with Sandwell Council, Parks and Leisure. The play area is to include swings, roundabout and climbing frames. It is hoped the play area will be in place by Autumn 2016.

### Tribute to Gary Dance

Gary Dance was born in Smethwick but was raised in the family home in Borough Crescent with two brothers and one sister, he attended St Michael's school and was very well known. Gary had two sons, two daughters and six grandchildren.

At the age of 14, Gary started in the building trade. He met Lisa and they were together for three and a half years and it

was their union that led to the transformation of the Phoenix Pub. The venture began on the 10th March and it was completed in mid July 2014. Gary's aim was to give something back to the community and make Lion Farm a better place for people to live in. His family and friends were very supportive and helped build the pub. The opening day/night was a great success and hundreds attended.

Gary was diagnosed with myeloma cancer nearly five

years ago and sadly passed away at the age of 51. Gary's funeral took place on Friday 29th January at 1.45pm at Powke Lane Cemetary. He was a much loved man and hundreds lined the centre of Lion Farm to wish him farewell. My own personal memory of Gary was when Brian and Cathy's cat, Shadow climbed up the telephone pole and was stranded, Gary the Hero climbed up his ladders and rescued him. How many men would do that? This just sums up what a kind and friendly guy Gary was!



# Crime Reduction Campaign

In partnership with West Midlands Police, the Grace Mary to Lion Farm Big Local Partnership has launched a crime reduction campaign for residents living in the Grace Mary to Lion Farm Big Local area.

West Midlands Police are helping local residents to use SelectaDNA, a highly effective crime reduction tool which can be used to mark valuable household items such as electronic equipment, garden tools and jewellery.

SelectaDNA is a clear liquid that contains a unique DNA code which is registered on a secure database that can be accessed by police. The DNA code links back to the registered property and conclusively proves ownership.

Once applied, the forensic marking is almost impossible to remove and is virtually invisible to the naked eye, but can be viewed under UV light. It can help link criminals to crime scenes, improve the likelihood of convictions and increase the chance of stolen goods being returned to their rightful owner as well as being an excellent deterrent.

Each home property marking kit contains high-visibility warning labels and window stickers to advise that property at the address has been security-marked. This acts as a proven deterrent to would-be offenders and police forces throughout the UK have seen significant reductions in burglary rates when SelectaDNA forensic marking has been used in 'hotspot' areas.



## Aged 40-74? Free Health Checks

Even though you might be feeling great, if you are over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

Get yourself a **Free Health Check** to assess your risk of heart disease. You will have your height, weight and waist measured, plus your blood pressure, pulse and cholesterol level taken. This will show your risk of getting heart disease in the next 10 years. You are then given advice on how to reduce your risk.

You must be aged between 40-74, live, work or have a GP in Sandwell and not be taking any medication for heart disease, diabetes, blood pressure, cholesterol or kidney disease to be eligible for the NHS Health Check.

**To check your eligibility and book an appointment, please call 0800 011 4656.**

# What's on each week in and around our Big Local Area

## Monday

Oakham Library 10:15-11am Story and Rhyme Time . (Under 5's a morning story and rhyme)

St James Church 1-3pm Indoor Carpet bowls  
Open to all within the Big Local area, competitive fun for all

Lion Farm Action Centre 1-3pm Art Group  
Open to all within the Big Local area, Art Tuition for both the beginners and experts

Lion Farm Playgroup (SAPA). 12.30pm-3.00pm. (Age 2 - school age). 50p a session. Term time only.

Lion Farm Action Centre 3:30-5pm. After School Club Dance session also held on a Friday and midweek activities (Age 8 –12)

Oakham Library 3:30-4:30pm Art Club. Children can come and be creative with a variety of materials

Lion Farm Playcentre (SAPA). 3.15pm - 6.15pm (Term time). 12pm - 3pm (School holidays). (Age 4—14)

Lion Farm Out of School Club (SAPA). 3.pm - 6pm (Term time). 8am - 6pm (School holidays). (Age 4—12).

Oakham Library from 4pm Family Film Club  
Families and Children invited to come and watch our family films

St James Church 7—8.30pm Slimming World  
A friendly group for those that want to lose weight or feel better about themselves

## Tuesday

Lion Farm Action Centre 9.30 –11.30am Job Club. Providing support to find employment, help with CV writing and advice and guidance

Oakham Evangelical Church 9:15am Carer and Toddlers. Preschoolers play, make new friends and Carers get a chance to meet

St James Church, 9am –12pm. Place of Welcome.

Lion Farm Playgroup (SAPA). 12.30pm-3.00pm. (Age 2 - school age). 50p a session. Term time only.

Lion Farm Action Centre 1—3pm Over 50s Friendship Club.  
Quizzes, craft and chat and fun

Lion Farm Action Centre, 3.30pm—5pm. After School Club (Age 8—12). Term time only.

Lion Farm Playcentre (SAPA). 3.15pm - 6.15pm (Term time). 12pm - 3pm (School holidays). (Age 4—14)

Lion Farm Out of School Club (SAPA). 3.pm - 6pm (Term time). 8am - 6pm (School holidays). (Age 4—12).

Wallace Youth Cub Tuesdays 5.30-7.30pm  
8-16 years old . Great opportunities and activities for young people.

Oakham Evangelical Church 7pm Tuesday Crew Activities include Pool, table tennis, games, and art sand crafts. Tuck shop.

## Wednesday

Lion Farm Action Centre 9.30-11.30am Job Club. Providing support to find employment, help with CV writing and advice and guidance

St James Church 9-11am Parent and Toddlers  
A play and stay toddler group run by Lion

Oakham Library 11-12:30pm Theory test Pro and Go Citizen. Drop in to practice your driving and British Citizen tests for free.

Lion Farm Playgroup (SAPA). 12.30pm-3.00pm. (Age 2 - school age). 50p a session. Term time only.

Lion Farm Action Centre, 1,30pm—3.30pm. How to use a computer and stay safe online'. Online computer training (Age 16+)

Rounds Green Library 10-12pm Knit and Natter. 2.30pm Friends of Rounds Green Library meeting

Lion Farm Playcentre (SAPA). 3.15pm - 6.15pm (Term time). 12pm - 3pm (School holidays). (Age 4—14)

Lion Farm Out of School Club (SAPA). 3.pm - 6pm (Term time). 8am - 6pm (School holidays). (Age 4—12).

St James Church 3.30 - 5pm Lowes Combat Academy and Fitness, Kickboxing (Age 8-12). (Part of Lion Farm Action Centre's After School Club.

St James Church 6 - 7.30pm Tivdale Shotokan Karate Club (Age 5+). Also held on a Friday 6-7.30pm

## Thursday

Lion Farm Action Centre 9.30-11.30am Job Club. Providing support to find employment, help with CV writing and advice and guidance

Oakham Evangelical Church 10.30am. TLC Club for senior citizens, meet up, chat and take part in activities. Lunch provided

Hope Church 10:30-12:30pm Indoor Bowling for over 50s. Great activity for unwinding and getting rid of stress

Lion Farm Playgroup (SAPA). 12.30pm-3.00pm. (Age 2 - school age). 50p a session. Term time only.

Lion Farm Action Centre 11:30-1:30pm. How to use a computer and stay safe online'. Online computer training (Age 16+)

Lion Farm Action Centre, 3.30pm—5pm. After School Club (Age 8—12). Term time only.

Lion Farm Playcentre (SAPA). 3.15pm - 6.15pm (Term time). 12pm - 3pm (School holidays). (Age 4—14)

Lion Farm Out of School Club (SAPA). 3.pm - 6pm (Term time). 8am - 6pm (School holidays). (Age 4—12).

Portway Lifestyle 7-8pm Karate for Beginners. 8-9pm Karate for those 18 plus unless accompanied by an adult

St James Church 7-9pm RE:Act Youth Club  
Offering a range of craft, sports and a place relax and meet up with friends

## Friday

Lion Farm Action Centre 9.30-11.30am Job Club. Providing support to find employment, help with CV writing and advice and guidance

Holy Cross Church 10am Over 60's exercise with Bingo and a cuppa

St James Church 1.30-3.30pm Bingo  
A locally run social group for all residents, join the fun of an afternoon of Bingo

Lion Farm Playgroup (SAPA). 12.30pm-3.00pm. (Age 2 - school age). 50p a session. Term time only.

Lion Farm Action Centre 1:30-3:30pm Multi Crafts. Try your hand at something a little crafty.

Holy Cross Church 1:30pm Bingo  
A great get together for all residents

Lion Farm Playcentre (SAPA). 3.15pm - 6.15pm (Term time). 12pm - 3pm (School holidays). (Age 4—14)

Lion Farm Out of School Club (SAPA). 3.pm - 6pm (Term time). 8am - 6pm (School holidays). (Age 4—12).

Holy Cross Church 2:30pm Cards and Dominos. A social gathering for all

Oakham Evangelical Church 7pm Friday Youth Club . Activities and chance to meet friends. For young people aged 11 plus

## Saturday

Rounds Green Library 10-11am Councillor Surgeries Bring your ideas and concerns to your local councillors

Portway lifestyle Centre 10.30-2:30pm Eminence Dance Works Creative Dance Group for all

Oakham Library 10:30-12pm Breakfast Club for Children 8 and over. Free Toast and drinks

Rounds Green Library 11-11:45am Colouring and Craft Club  
Colouring sheets and puzzles

Oakham Library 12-1pm Colouring Club. Colour your favourite pictures

Wallace Youth Project 5pm—6pm. Lowes Combat Academy Fitness, Free Kickboxing (Age 8 - 16).

## Sunday

Oakham Evangelical Church 10am Communion Service a time to stop , reflect and refresh  
6:15pm Evening Family Celebration,

St James CofE Church 10-11am Morning Worship and Sunday School  
A friendly traditional Church, sharing God's love to all

Holy Cross CofE Church 6pm mass. A friendly group meeting for relaxed worship and prayer. Chat and cuppa afterwards.

Newbury Lane Methodist Church 10:45am Morning Service and Junior Church  
6pm Sunday Evening Service every

### Contact GM2LF Big Local

**Website:** [www.biglocalmillionshare.org](http://www.biglocalmillionshare.org)  
**Twitter:** @GM2LF\_Official  
**General enquiry:** [helen.gm2lf@outlook.com](mailto:helen.gm2lf@outlook.com)  
**Tel:** 07724 584241

**If you would like to submit an article for inclusion on the website or in this newsletter please email Helen Trueman:**

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

***Mention of products or services in this newsletter should not be construed as an endorsement or recommendation by GM2LF Big Local Partnership.***



# This Year Try Something New....

## Get Fit for Free and Take a Walk

**Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.**

Come along to one of Lion Farm Health Walks they are free, friendly, and a great way to meet new people and socialise.

Anyone of any age and fitness level is welcome to the walk and our walk leader will help you to



walk at a pace that is right for you. (Children must be accompanied by an adult). All you need is comfortable

shoes and suitable clothing. Walks are held every Tuesday 10.30am – 11.30am starting at Lion Farm Action Centre, Harry Price House, Hartlebury Road Lion Farm Estate, Oldbury, B69 1EQ.

**Just come along or for more information contact the Action Centre on 0121 544 3094.**

## Get Bowled Over at St James Church



The Lion Farm Bowls club was set up in February 2015 due to a couple of people saying they

would like to see one in the Lion Farm area. The club now has 18 members registered with 12 members who come on a regular basis.

Sessions are fun and everyone always has a laugh with some really friendly people. The club is now seeking some funding to purchase some more bowls

because of the club becoming so popular.

The bowls sessions are held every Monday from 1pm to 3pm at St James Church, Lion Farm Estate. Sessions are just £2.00 which includes light refreshments.

**Come along and give it a try!**

## Volunteer for Big Local



### Grace Mary to Lion Farm Big Local needs people like you!

Over the coming years there will be lots of opportunities for people from the area to come together.

We are seeking enthusiastic, passionate people who would like to be part of a team and lead in making a difference to the area we live in.

If you work, live or volunteer in the Big Local and can spare some time and commitment to make real changes we would like to hear from you.

Big Local also requires volunteers to get involved in other activities.

For more information please contact Helen Trueman on 07724 584241 or email:

### Why Volunteer?

Here's just a few reasons:

- To help the local community
- Use existing skills or learn new skills
- Help get references and real work experience
- Explore new areas of interest
- Make a difference
- Meet new people and have fun!

## Get yourself a New CV

**Lion Farm Action Centre is helping local residents to create a CV and offering support to help people back into work.** If you have a CV that needs updating or you need to write one from scratch, Lion Farm Action Centre is the place to come. We can also support with setting up an email account, a Universal Job-match account, and general support with job searching. Our friendly staff and volunteers make job searching an enjoyable experience, with individually tailored support.



**For more information, or to book an appointment call the centre on 0121 544 3094.**

## Save Over £600 by the End of the Year

**We may already be a month or two into the year but its never too late to start saving. How would you like to have £667.95 in savings by the end of the year. Challenge yourself to this simple saving plan.**

Each morning when you start your day, pop the amount of your choosing into a jar. You can set the amount anywhere between 1p and £3.65. After you put the money in the jar, you cross out the corresponding box on the 365 day money challenge sheet. The next morning, your payment in your jar can match any of the remaining amounts on your chart. You keep doing this day after day, each morning for a whole year. By the time you are done with the chart, you will have an extra **£667.95** in

1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12p	13p	14p	15p	16p	17p	18p
19p	20p	21p	22p	23p	24p	25p	26p	27p	28p	29p	30p	31p	32p	33p	34p	35p	36p
37p	38p	39p	40p	41p	42p	43p	44p	45p	46p	47p	48p	49p	50p	51p	52p	53p	54p
55p	56p	57p	58p	59p	60p	61p	62p	63p	64p	65p	66p	67p	68p	69p	70p	71p	72p
73p	74p	75p	76p	77p	78p	79p	80p	81p	82p	83p	84p	85p	86p	87p	88p	89p	90p
91p	92p	93p	94p	95p	96p	97p	98p	99p	£1.00	£1.01	£1.02	£1.03	£1.04	£1.05	£1.06	£1.07	£1.08
£1.09	£1.10	£1.11	£1.12	£1.13	£1.14	£1.15	£1.16	£1.17	£1.18	£1.19	£1.20	£1.21	£1.22	£1.23	£1.24	£1.25	£1.26
£1.27	£1.28	£1.29	£1.30	£1.31	£1.32	£1.33	£1.34	£1.35	£1.36	£1.37	£1.38	£1.39	£1.40	£1.41	£1.42	£1.43	£1.44
£1.45	£1.46	£1.47	£1.48	£1.49	£1.50	£1.51	£1.52	£1.53	£1.54	£1.55	£1.56	£1.57	£1.58	£1.59	£1.60	£1.61	£1.62
£1.63	£1.64	£1.65	£1.66	£1.67	£1.68	£1.69	£1.70	£1.71	£1.72	£1.73	£1.74	£1.75	£1.76	£1.77	£1.78	£1.79	£1.80
£1.81	£0.82	£1.83	£1.84	£1.85	£1.86	£1.87	£1.88	£1.89	£1.90	£1.91	£1.92	£1.93	£1.94	£1.95	£1.96	£1.97	£1.98
£1.99	£2.00	£2.01	£2.02	£2.03	£2.04	£2.05	£2.06	£2.07	£2.08	£2.09	£2.10	£2.11	£2.12	£2.13	£2.14	£2.15	£2.16
£2.17	£2.18	£2.19	£2.20	£2.21	£2.22	£2.23	£2.24	£2.25	£2.26	£2.27	£2.28	£2.29	£2.30	£2.31	£2.32	£2.33	£2.34
£2.35	£2.36	£2.37	£2.38	£2.39	£2.40	£2.41	£2.42	£2.43	£2.44	£2.45	£2.46	£2.47	£2.48	£2.49	£2.50	£2.51	£2.52
£2.53	£2.54	£2.55	£2.56	£2.57	£2.58	£2.59	£2.60	£2.61	£2.62	£2.63	£2.64	£2.65	£2.66	£2.67	£2.68	£2.69	£2.70
£2.71	£2.72	£2.73	£2.74	£2.75	£2.76	£2.77	£2.78	£2.79	£2.80	£2.81	£2.82	£2.83	£2.84	£2.85	£2.86	£2.87	£2.88
£2.89	£2.90	£2.91	£2.92	£2.93	£2.94	£2.95	£2.96	£2.97	£2.98	£2.99	£3.00	£3.01	£3.02	£3.03	£3.04	£3.05	£3.06
£3.07	£3.08	£3.09	£3.10	£3.11	£3.12	£3.13	£3.14	£3.15	£3.16	£3.17	£3.18	£3.19	£3.20	£3.21	£3.22	£3.23	£3.24
£3.25	£3.26	£3.27	£3.28	£3.29	£3.30	£3.31	£3.32	£3.33	£3.34	£3.35	£3.36	£3.37	£3.38	£3.39	£3.40	£3.41	£3.42
£3.43	£3.44	£3.45	£3.46	£3.47	£3.48	£3.49	£3.50	£3.51	£3.52	£3.53	£3.54	£3.55	£3.56	£3.57	£3.58	£3.59	£3.60
£3.61	£3.62	£3.63	£3.64	£3.65	£667.95												



# Focus on the Phoenix

The Phoenix is a friendly, family orientated public house located on Martley Road, Lion Farm Estate in Oldbury. There is ample parking and a range of offers are always available.

## What's on during the Week

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Meals on wheels – dinner and pudding for £4.00 (Meals delivered between 1-2pm)	☺	☺	☺	☺	☺	☺	☺
OAP Dinner and cup of tea for £3.99 (12.00pm-4.00pm)		☺	☺	☺	☺		
2 Meals for £10 (12pm- 4pm and 4p – 8pm)	☺	☺	☺	☺	☺		
Karaoke (8pm till late)					☺	☺	
Carvery - £6.99 (12pm – 3pm)							☺

The Phoenix also has a function room that is quite a good size with a stage perfect for bands. They also cater for weddings, christenings and funeral at competitive rates

For more information please contact the Phoenix on 07552528771.

## Contact GM2LF Big Local



Visit our website: [www.biglocalmillionshare.org](http://www.biglocalmillionshare.org)



Like us: Grace Mary to Lion Farm Big Local (GM2LF)



Follow us: @GM2LF\_Official



### General Enquiries

Helen Trueman, GM2LF Big Local Development Co-ordinator

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

Tel: 07724 5842411

Post: Lion Farm Action Centre, Harry Price House, Hartlebury Road, Oldbury.B69 1EQ.

If you would like to be added to the Big Local mailing list please contact

**Local Trust**

**Big Local**

**Gm2Lf**  
a formula for change