

Big Local News



Lewis

Poster Design Competition

Last year local schools were invited to take part in a GM2LF Christmas Poster Design Competition 2021.

We had some beautiful and very creative entries across two age categories.

Well done to the overall winners

- * Lewis, Oakham Primary School (Age 3 – 6)
- * Skyla, St James Primary School (Age 7 – 11)



Skyla

Both Lewis and Skyla won their own money box with printed design, £10 each and £50 for their school.

Winning designs were also printed on to Christmas hamper bags and given out to the community in the two weeks leading up to Christmas (See page 3).



Cinderella Visits Oakham Primary

With funding from GM2LF, the Grand Theatre, Wolverhampton visited Oakham Primary school in October to perform the panto 'Cinderella'.

With lots of boos, cheers and 'he's behind you's the performance brought some fun and laughter to both pupils and staff at the school.



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

Gm2Lf
a formula for change

Big Local News

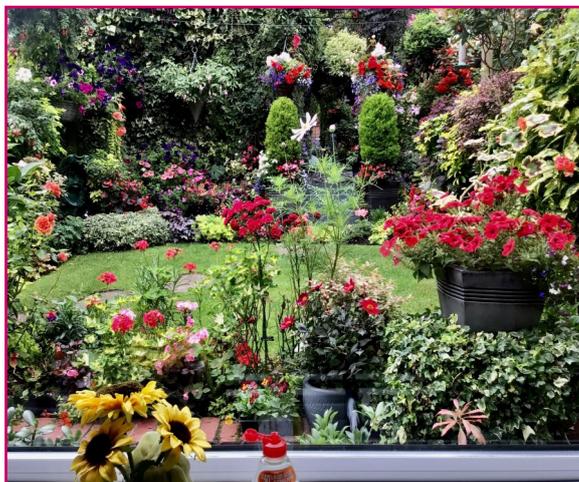
Big Local In Bloom, Natures Spaces Competition

Congratulations to all the GM2LF Big Local in Bloom, Nature Spaces competition winners 2021.

The competition was this time split into 12 categories. We had some fantastic entries of blooming gardens, wildlife havens, homegrown vegetables, thriving house-plants, community spaces, creative fairy gardens, water features and inspiring works of art.

The winner from each category received a £50 voucher and their entry was published in the GM2LF 2022 calendar.

To view all the entries and the calendar please visit our website www.gm2lf.org. or our Facebook page Grace Mary to Lion Farm Big Local (GM2LF)



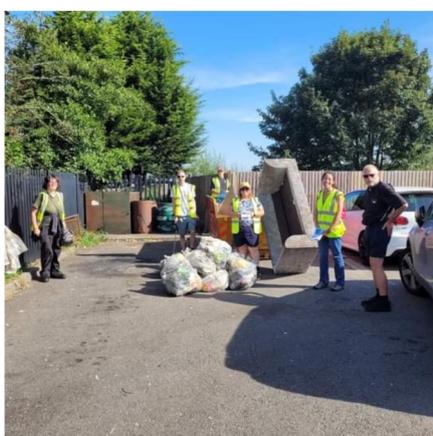
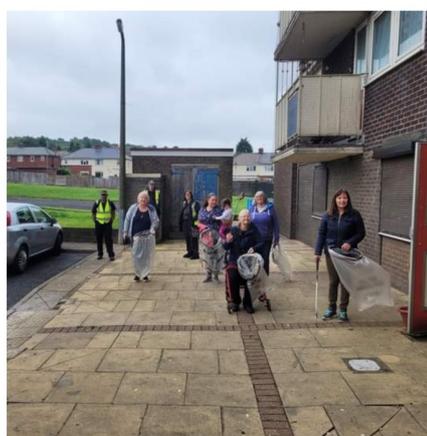
Best Garden - Vince

Litter Picks and Christmas Hampers

In partnership with Litter Watch, GM2LF Big Local last year held three community litter picks across the area.

Over 60 bags of rubbish were collected, and two skips were filled. As a thank you, every household that took part were each given a free Christmas hamper bag, filled with lots of goodies and printed with the winning school competition poster designs (see page 2)

Thank you to the Litter Watch team for helping to make these events happen and the support from Sandwell Council, Councillor Maria Crompton and Serco.



Groups at Holy Cross

Martial Arts at Holy Cross Church

SMWS Freestyle meets every Tuesday, 5pm 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 and to book please contact Stephen Miller on 07833 544980.

Facebook: Stephen Miller (smws freestyle)



Oakham Community Club

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.

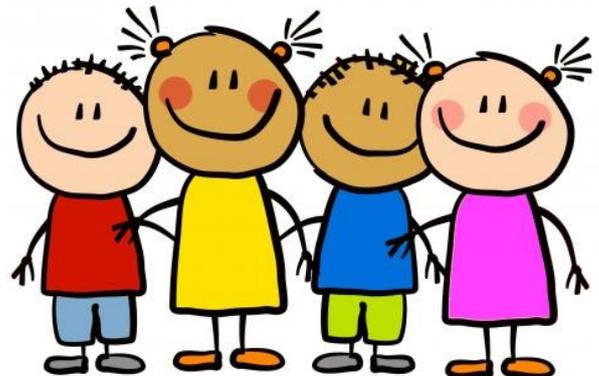
Parent & Toddlers Group

Tots & Co, parent and toddlers 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.

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



News From Lion Farm

Get fit with Vic at Lion Farm Action Centre.

Beginning Wednesday 2nd March 2022 at Lion Farm Action Centre, a weekly dance fitness class.

The sessions will provide a fun dance and fitness activity, refreshments and chat with optional weight management programme using weigh2go smart scales and the Acvtiv8lives mobile App to track progress and manage weight and reduce BMI.



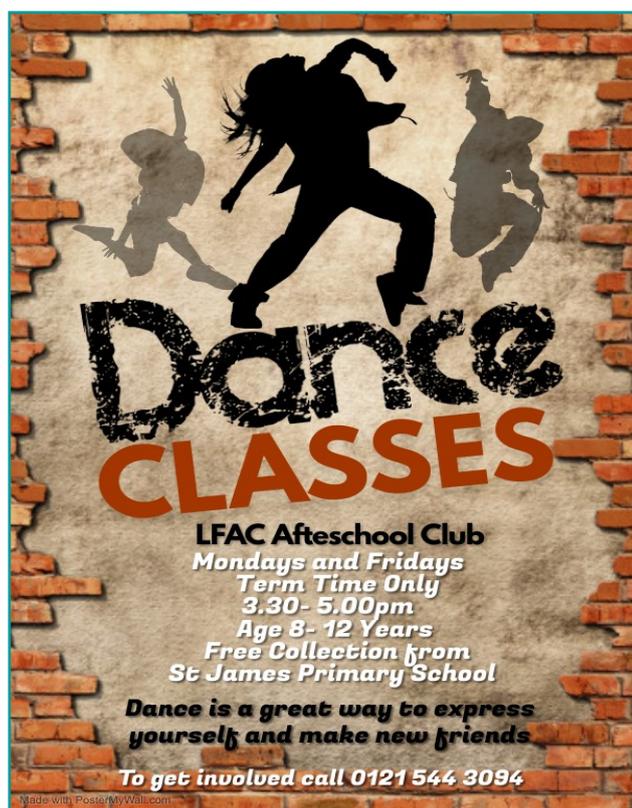
There will also be an opportunity to take part in a practical healthy cooking programme including cooking from scratch, portion sizes, healthy swaps, the Eat Well guide, menu ideas and healthy shopping on a budget. Food Hygiene training will also be available, a qualification which could be used for employment.

The project works towards Sandwell MBC's Vision 2030 ambitions with support from Sandwell Health Partnership

Funded by SCVO Vision 2030 Community Grants



For details, please contact Lion Farm Action Centre on: 0121 544 3094 or 0121 544 3095 or email lionfarmactioncentre@yahoo.co.uk



Holiday Activities & Food



Department for Education

LFAC After school Club, were awarded Funding through the government backed HAF (Holiday Activities and Food).

The funding allowed them to provide free activities for children and their families over the Christmas period. This included a family fun day with a 3 course Christmas lunch Provided by Plyvine Catering and a visit to The Wolverhampton Grand Theatre to see the Pantomime of Cinderella.

The Funding allowed LFAC to reach out to over 70 new and existing families. All families thoroughly enjoyed their time with us and gave some fantastic feedback including looking forward to joining us again!

LFAC are hoping to be able to Secure funding from HAF 2022 For Easter and Summer holidays in order to provide more free family fun and food.

If you would like more information please call and speak to Vicky on 0121 544 3094

Health & Wellbeing

The Albion Foundation Announce their New Project Team Talk

This project aims to engage with men (aged 18+) living in Sandwell in a 5aside Football League.

The league consists of weekly tournament style matches on Monday afternoons, 2.30pm - 4.30pm and evenings, 6pm - 8pm at Portway Lifestyle Centre, Newbury Lane, B69 1HE.

The project is completely free of charge, thanks to funding from Sandwell Public Health as it aims to improve men's Health and Wellbeing.

When signed up, you will have access to Ally's Wellbeing Café ran by Albion legend Alistair Robertson. Alongside this, each player will receive a free t shirt and will be given informal workshops and guest speakers throughout their time with us that will provide additional support and information around other services that can support better health.

Sign up as a Team or come along as an individual and form a team, using the link below

Sign Up Link: <https://www.wba.co.uk/news/team-talk-5-side-football-league>.



SCAN ME



Be part of our family



Want to improve your Health & Wellbeing playing Football?

TEAM TALK 5-A-SIDE FOOTBALL LEAGUE

Football league supporting Mens Mental Health

MONDAYS

STARTING 6TH DECEMBER 2021

SESSION 1: 2:30pm - 4:30pm

SESSION 2: 6:00pm - 8:00pm

Portway Lifestyle Centre

NEWBURY LN, OLDBURY B69 1HE

FREE TO PLAY

Mens 12 week Football League

Free T-Shirt for every player

Aged 18+, living or work in Sandwell

JOIN AS A TEAM OR AS AN INDIVIDUAL PLAYER

For more info contact Ryan Kimberley - ryan.kimberley@albionfoundation.co.uk

Adult Weight Management

Maintaining a healthy weight isn't just good for your physical health, it plays a vital part in your mental well-being too.

Everyone Health Can Help

Here in Sandwell, Everyone Health offer a free 12 week programme, 45 minutes Nutrition Workshop and 45 minutes physical activity, lots of options to understand food choices and to help you find tasty, small changes to help you lose weight for good.

Who can lose weight with Everyone Health?

- Anyone aged 18+ who lives, works or registered with a GP in Sandwell
(BMI eligibility criteria apply, please contact for details)

For more information contact:

Email: clinical.contactcentre@nhs.net

Tel: 0333 005 0095

Visit: www.sandwell.everyonehealth.co.uk

it's time... for better health in Sandwell

Maintaining a healthy weight can have lots of positive effects on your lifestyle; increasing confidence, health and happiness...

What we offer...

- 12 x weekly workshops covering nutritional advice and physical activity, local face to face or online via Zoom available.

Who can lose weight with us?

- Anyone aged 18+ with a high BMI, who lives or works in Sandwell or registered with a Sandwell GP practice

Contact us today to join...

www.sandwell.everyonehealth.co.uk
Email: clinical.contactcentre@nhs.net
Tel: 0333 005 0095

It's all FREE!

* BMI Eligibility criteria apply. Please contact us for details.

HEALTH SANDWELL We find the support you need

Sandwell Metropolitan Borough Council

everyonehealth because everyone matters

Health & Wellbeing

Support for Young People Aged 11- 25

Kooth.com was established in 2004 and is a free, safe and anonymous website for young people aged 11-25 in the Sandwell area.

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.

We provide a range of services to support young people's wellbeing. Our trained and qualified counsellors are available until 10pm each night, 365 days per year. We also host pre-moderated, age appropriate peer to peer discussion boards, live forums and articles all of which hold young person friendly information as well as therapeutic content. Kooth provides a much needed out of hours service advice and support.

Our experienced practitioners are available to provide emotional support to young people with a wide range of issues, from having a bad day to more serious issues such as stress, anxiety, depression, eating issues, bullying and self-harm, to name a few. Many young people are also seeking support around change of life and transitions.

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.



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**
- 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 @kooth_UK Kooth_UK & Kooth Podcast Kooth-Podcast

Young people can sign up directly at www.kooth.com

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 weekdays), or email idva@blackcountrywomensaid.co.uk

You can report domestic abuse to www.west-midlands.police.uk if it is safer than calling or use the online Live Chat facility.

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



Support in the Home

Warmer Homes West Midlands

Warmer Homes West Midlands offer personalised energy advice service to households who are currently struggling to heat their home.

Their commitment is to work closely with you, listen closely to your personal circumstances and provide practical and sustainable help where they can. Our focus is to enable you to reduce your energy bills and make informed home energy efficiency choices. Choices that are right for you and right for the environment.

Free and impartial energy advice on issues such as:

- Keeping warm at home
- Insulation and heating grants
- Assisting with energy bills, tariffs, and suppliers
- Financial support and discounts
- Help to access Green Homes Grants, cavity wall insulation, and loft insulation
- Home Energy Checks to install small energy-saving measures, draught-proofing.

Email: westmids@mea.org.uk

Visit the website: <https://warmerhomeswm.org.uk/>

Tel: 0808 1968 298.



Warmer Homes
West Midlands



Free and impartial advice
over the phone, at your home and in your community.
Supporting you to better heat your home and keep warm

We can work with you to:

 Reduce your household energy use	 Save money on your bills
 Improve your available income	 Home energy efficiency and grants

Cheaper Broadband for Low Income Families

If you are on Universal Credit or other government benefits you could be entitled to a cheaper broadband package. 4.2 million low-income households are eligible for social tariffs but only 1.2% of those households eligible currently sign up for them. They could save families £144 a year on broadband bills.



Providers with inbuilt social tariffs don't usually advertise this in their marketing material but BT, Community Fibre, G. Network, Hyperoptic, KCOM and Virgin Media O2 are the six broadband providers in **the UK that offer the social tariffs, priced at £10-£20 per month.**

The broadband market offers customers a wide range of choice, with different deals available to suit different needs. Some providers offer social tariffs which are only available to customers who receive certain government benefits.

Visit: www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs

Or go to: www.ofcom.org.uk - (Phones and Internet,- Advice for Consumers—costs, Billing and Switching—Cheaper Broadband and Phone Packages)