

# LIVING IT UP

In Fordbridge, Smithwood, Kingshurst, Chelmsley Wood & Shard End...

AN OFFICIAL ACTIVE COMMUNITIES NEWSLETTER



## Welcome

Thanks for all your comments following local events and our first newsletter last month!

It's fantastic our project has had such a great reception across all the areas we are working in North Solihull and Birmingham and we're looking forward to working more closely with local people and organisations to get everyone active.

We want this newsletter to be useful to find out what's happening locally and how you can get involved – please keep sharing your thoughts and suggestions for our newsletter and how to get active in your area.

WRITTEN BY MARCUS BELBEN

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**'We need to see more things happening outdoors'**

# Fun in Meriden Park



We had a great day in Meriden Park on a hot, sunny February afternoon having free fun getting active.

We worked with the incredible Meriden Adventure Playground team, many of whom are volunteers, to try out a range of activities and see what people wanted to do. Active Parks worked with Inclusive Sports to provide a range of games and sports including Boxercise, Parachute running, Tai Chi and games. Our bike team fixed bikes all day and Birmingham City Football Trust were there for one-on-one football. Our Run team organised two runs around the Park, while Meriden Park volunteers had fun with children in their unique adventure play area. Everything was FREE.

A fire was ready in the Adventure Park to toast marshmallows and have a hot chocolate with our Active Streets Team. The fire was super hot, and we hadn't anticipated such warm weather to remain warm. Luckily we had some extra donuts provided by the Real Junk Food Project Birmingham to keep everyone happy.

If you have any ideas for activities to bring people together in Meriden Park or elsewhere, let us know and join our Active Communities - join our crowd and tell us your ideas!

## Drawing our Community

We held our first consultation at Shard End Library this month with Caricaturist Ben Jones drawing portraits, making willow wands while we chatted. It was a great way to get to know people, find out what they thought about their local area and learn how to make willow wands. Here are some of the great illustrations from the day – thanks to staff at the Library and everyone who took part!



**'This area means a lot to me – I've lived here all my life. It's great to see more things happening, and at half term it's really important to me to have things to do locally'**

**All comments are from people at Shard End Library**

## Out and about for free in your area....

### Step into Solihull: Striders and Strollers

Meet new people and improve your health with one of our walking groups. We have 13 regular walks led by our trained volunteer walk leaders.

**Castle Bromwich Library Walk, B36 0EY**  
Mondays at 10:30am – 11th and 25th March

**Marston Green Library Walk, B37 7DQ**  
Mondays at 10:30am – every week

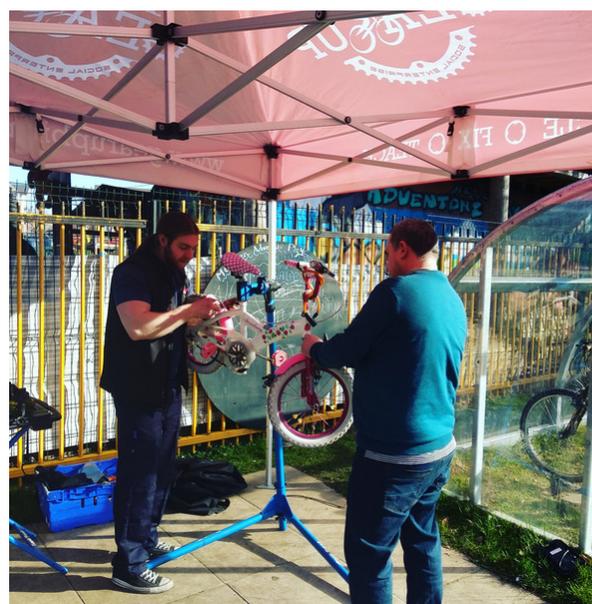
**Chelmsley Wood Library Walk, B37 5TN**  
Tuesdays at 10:30am – 5th and 19th March

**Kingshurst Library Walk B37 6BD**  
Thursdays at 10:30am – 14th and 28th March

Contact: 0121 704 8207  
<http://www.solihullactive.co.uk/walking-in-solihull>  
[Solihull.active@solihull.gov.uk](mailto:Solihull.active@solihull.gov.uk)

**Shard End Library B34 7AG**  
Free family history session with Paul Wilkins  
Monday 11th March 9 to 10am  
Contact: 01214646779  
[shard.end.library@birmingham.gov.uk](mailto:shard.end.library@birmingham.gov.uk)

**Auckland Hall, B36 9JR**  
Boxercise Fridays 5 to 6pm Ages 8 to 14,  
Costs 50p  
Contact: 07847245869  
[www.thecarsarea.co.uk/whats-on/](http://www.thecarsarea.co.uk/whats-on/)



## What is Active Communities?

Active Communities is a new and exciting initiative that aims to create innovative solutions that make it easier for people to access social and physical activity. We are working together to find opportunities to come together and find ways to participate in creating happier and healthier lives in local communities.

Birmingham and Solihull are one of the chosen areas where Sport England are investing to find out what works to help build happier, healthier and safer communities.

We are creating a community crowd that can network people and empower them to work together with passion and purpose to make their communities great places. The more local people that get involved the more successful this will be, so take a look at the opportunities to work with us and make a difference in the community where you live.



## What we're planning

Based on our conversations with you we will be organising and supporting more holiday and weekend family activities in local venues like Bosworth Wood Playing Fields, Meriden Park along the River Cole and continue supporting indoor activities in venues like your local library and youth centres.

We're keen to find out more about what you want, and to support you to get active wherever you are, so watch out for us popping up (literally) with a small gazebo, some hot chocolate and some free fun! Please come over and talk to us if you see us.

### Contact Active Communities...

E: [ActiveCommunities@theaws.org](mailto:ActiveCommunities@theaws.org)

T: 0121 728 7030

W: [www.theaws.co.uk](http://www.theaws.co.uk)

**Join the crowd at:  
[theaws.co.uk/crowd](http://theaws.co.uk/crowd)**