

LIVING IT UP

In Chelmsley Wood, Glebe Farm, Fordbridge, Kingshurst,
Smiths Wood, Shard End & Tile Cross

AN OFFICIAL ACTIVE
COMMUNITIES NEWSLETTER



WRITTEN BY JO COLE

Welcome

Welcome to our monthly Newsletter. Firstly, I would like to introduce myself as the newly appointed Area Officer for our area and I look forward to meeting you all soon.

It has been a total surprise to find that there are so many good and interesting things happening in our area and I am delighted to be a part of the Active Wellbeing Society.

My first week has been an awesome introduction to what I am sure will be a great summer.

INSIDE OUR MAY ISSUE:

AN EVENTFUL FIRST WEEK
NEWS IN PHOTOS
OUT AND ABOUT FOR FREE
OUTDOOR ACTIVITIES FOR EVERYONE
GLEBE FARM PARK



“it feels safe in our run group, I wouldn’t have gone on my own and we grab a coffee together, its great”

An eventful first week

For my first week working for The Active Wellbeing Society I was at Bosworth Wood Playing Field working in collaboration with Cars Area Big Local. The sun was shining on us which of course adds to a great day out.

Active Streets provided equipment for some delicious smoothie making which the local children were queuing to get involved in and of course sample.

Big Run (Taz and Sally), supported the event with a PLOG local residents and their children took a jog around the playing field and back to the Cars hub collecting rubbish on the way. It was then time to head back to the litter free park and the all-important Egg 'n' Spoon race, it got off to a flying start with polystyrene eggs taking off in the wind, so eventually chocolate eggs were used in substitute, no one complained, in fact it was a total hoot.

Andy from Inclusive Sports attended with a delightful array of games for children and their families. There was some great feedback.

If anyone reading this has any thoughts about community activities then please Get In Touch

Local people have asked us for more holiday activities for families. We ran a series of community days and other holiday activities in Shard End Library, Chelmsley Wood Library, Meriden Park, Bosworth Wood Playing Field, Babs Mill and Glebe Farm Recreation Ground.



"This is a great way to spend the afternoon, I just wish there was better activities for 13 to 17 yr olds, music and food events".

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

Auckland Hall

Mondays 12:30 - Bowls, Biscuits and Coffee - for those less mobile who like a game of bowls or "Boccia" Also Mondays - Seated Yoga at 2.30pm and Hatha Yoga at 8:30pm

Tuesdays - Street Dance at 9:30am at Auckland Hall - all welcome especially beginners

Wednesdays on Bosworth Wood field 5:30pm - multi sports (ages 6-15 years)

Mondays & Wednesdays Social Running Group - ask for info where the group meets

Thursdays evenings - Football Skills on Bosworth Wood Field with Birmingham City FC - 5.00 - 7.00pm - girls & boys welcome

Fridays - Multi Sports on the field at 3.30pm and Boxercise at Auckland Hall at 5pm - 6-10 year olds

Contact: 07825 417141
E: carsareabiglocal@gmail.com



Reusing plastic to make windmills

Lanchester Park

Free multi sports 3 to 5pm Thursdays
Contact : charlton.davies@theaws.org

Run Birmingham

Sally and Taz our wonderful Run facilitators with volunteers Gareth and Ros have recently set up a number of local Social Running Sessions for anyone (all levels and abilities are welcome) this is a totally free activity to take part in. The feedback has been great with people taking part.

Shard End Wellbeing Centre, B34 7RD
Couch to 5k Mon & Wed 9am
5 to 10k Wed at 9am
10k+ Fridays at 9am
Beginners & mixed ability running
Thursdays 6pm
Contact: 07903 790158

Auckland Hall, B36 9JR
Wednesdays 6:30pm

Smiths Wood Academy, B36 0UE
Beginners running Thursdays 4.30pm

Babs Mill, B37 6LU
Wednesdays 9am

Chelmsley Wood, B37 7TP
Beginners Running Fridays at 9am

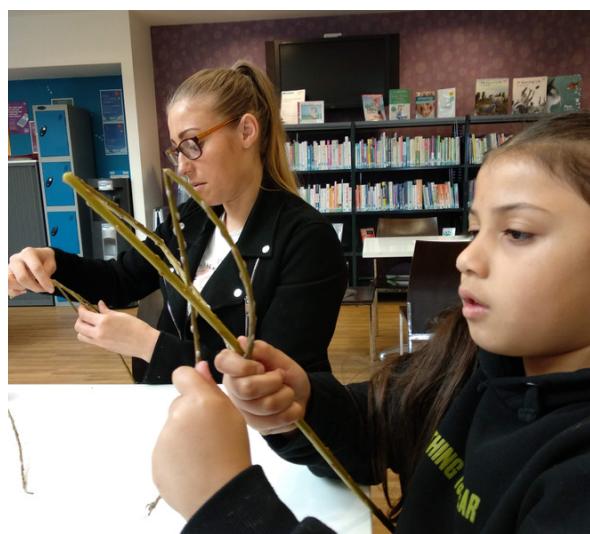
North Solihull Sports Centre, B37 5LA
Social Running, Mondays at 6:30pm

Contact: 0121 728 7030
www.runbirmingham.com

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.

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.



Wishing for a brighter future - making willow wands at Chelmsley Wood Library

Outdoor activities for everyone

IGT adventure want to work with local Schools, young people, adults, community groups and workplaces to provide a new experience with opportunities to participate regularly. You may be able to gain adventure training qualifications from basic skills to instructor qualifications and support into work and future careers within the outdoor adventure training industry.

Contact: Gavin 07850 689038
info@gtadventure.com

Glebe Farm Park

A new Friends group is finding out more about what Glebe Farm Park means to local people:

'It's a bit of a hidden resource...you can walk down through the blossom, you can hear birds singing, you can just walk down the river. Nature is right on our doorstep.'

'I started doing this when my doctor told me I had type two diabetes, and he said you should get some exercise, so I started walking around the Park, and while I was walking around the Park I thought I may as well pick this litter up...I've been binning it and bagging it, there's frogs under [the litter]!'

'This area here was the area we loved, because the rest of it was covered in football pitches that we couldn't play on. The Park Ranger used to tell you off, so we played football and things here.'

To find out more contact:
Glebefarmandstechfordresidents@gmail.com

Contact Active Communities...

E: ActiveCommunities@theaws.org
 T: 0121 728 7030
 W: www.theaws.co.uk

**Join the crowd at:
theaws.co.uk/crowd**