



Black Country Moving – Monthly Learnings Logs

Learnings Log – Castle and Priory

Month	Engagement	Learnings	Challenges / Areas of Support	Priorities
April	<ul style="list-style-type: none"> - Dudley Street and Green Team - Cross Street Health Centre & Link Worker - Priory Park Boxing Club - Link Worker – Grace Nanwanje 	<p>There is a need to support migrant patients to improve their health. The Link Worker that covers both Dudley wards would like to integrate her work with the BCM project.</p> <p>There will be a need to consider disability provision for the Link Worker's group when developing activities.</p> <p>Priory Park Boxing Club are looking for funding for their summer holidays activities programme</p>	<p>Engaging with more diverse communities has been difficult thus far, but with support of the local Link Worker this could become easier.</p> <p>One issue that local people have noted is the lack of parking around parks and green spaces in and around this ward (Priory Park / Grange Park)</p>	<p>To arrange another meeting with Dudley Street and Green team to discuss linking in with Healthy Hubs and integrating health walks.</p> <p>Explore potential of Grange Park and Donkey Pool.</p> <p>Re-connect with Grace Nanwanje to explore ways to work with her clients</p>
May	<ul style="list-style-type: none"> - Dudley Public Health (Bal Johal) - Wrens Nest Recce - Worcs Cricket - BLK Freestyle Martial Arts and Fitness 	<p>Speaking to local residents it appears there is little sense of community - C&P resident: "we are not a community" – this is quite a contrast to other Dudley wards.</p> <p>Charlotte Fletcher can train people up with walk leader training if we can recruit volunteers.</p> <p>Some Great facilities at Priory Park including cafe (Gather@the park) and toilets. The cafe has a good online presence so it'd be good to work together to promote activities within the park.</p>	<p>Trying to connect with ethnically diverse communities continues to be challenging but also something the connector is eager to address in the coming weeks/months. Dudley Central Mosque has been highlighted as a good partner to touch base with.</p> <p>Walk Leaders are needed in order to host walks in Priory Park - ABC comms helping to advertise for this. As soon as we can recruit volunteers we can look at getting this set up.</p>	<p>Follow up meeting with Elsa re: cricket opportunities.</p> <p>Arrange another meeting with Julia & Charlotte to discuss healthy hubs (it would be great to get something like this set up at Priory Park) and how we can implement some walks and activities within the area.</p> <p>Social media – big push to try to get some good publicity for BC Moving, and spread the word of what the project is all about.</p> <p>Promoting local opportunities for PA - making people aware of the local assets in each of the wards to try to increase exercise participation. Still need to be gaining insight into resident needs, so looking at creating some online polls to do this.</p>



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June	<ul style="list-style-type: none"> - Dudley CVS (Small Groups lead and Integrated Plus) - Cross Street Health Services - Priory Park Boxing Club - Worcs Cricket - BLK Freestyle Martial Arts - Dance to Health (Jodie Stus) 	<p>Walk & draw sessions in Priory Park have been running for the last 11 weeks, which offers a "movement by stealth" approach to PA. A built-in creative offer with limited resources incorporating the arts, physical activity, with a strong social focus including gentle conversation, and the 5 ways to wellbeing (inspired by the 'take 5 initiatives'.</p> <p>Priory Park has previously had walking photography groups there - so may be something to explore with Creative Black Country.</p>	<p>The sustainability of walk & draw is a challenge at present – funding is required for the sessions to continue beyond the eleven weeks. A meeting has been held with a view to ABC supporting Integrated Plus to develop a TIF application.</p> <p>Equipment needed for the same cohort to be able to take part in additional activities i.e Tennis. There are plans to fund this through the BCM budget.</p>	<p>To recruit the remainder of participants needed in order to get the first cohort of surveys in for the first quarter.</p> <p>Walk & Draw sessions at Priory Park - to work with Dudley CVS & Social prescribers on the sustainability of these sessions and utilise link workers to organise other potential activities.</p>
July	<ul style="list-style-type: none"> - Dudley CVS Integrated Services (Keeley Waldron, Nicola Bryne, Becky Pickin), - Cross Street Health Centre (Grace Nanwanje - Social Prescribing Link Worker-immigrants) - Priory Park Boxing Club, - Worcs cricket (Elsa Evans) re: All star/Dynamo's & 'taster' sessions for parents - to include softball & walking cricket - BLK freestyle martial arts & fitness - Dance to Health (Jodie Stus) - SENSE (Callan Barber) - Public Health (Baljit Johal), - Dudley council - Street & Green team/Parks (Deborah Merrick) 	<p>Grace Namwanje has a group of 20 participants from Dudley and Netherton PCN who are looking to keep active. Most participants have agreed on a sport that would bring all of them together – Tennis. Outdoor mindfulness yoga is another activity suggested by the group - which will be particularly helpful to teach relaxation strategies for most of them as mental health wellbeing is important to aid accessing other services. (Grace has two people who are willing to volunteer sessions for this group). All they need is the equipment which can be stored at Priory park café.</p> <p>Worcs Cricket - supporting All Stars/Dynamo sessions in Priory Park (due to take place in Aug) as well as the women's softball cricket drop-in sessions. Connected them with Dudley parks teams to sort venue and logistics</p>	<p>Sustainability of walk & draw at Priory Park is an issue – funding is required for the sessions to continue beyond the eleven weeks. Equipment is also needed for additional activities i.e Tennis - now funded through BC Moving delivery budget. The Connector is looking into TIF funding for the walk & draw to continue.</p> <p>Cricket sessions - very short space of time to promote and with it being school holidays bookings are extremely slow. Big push on SM in the next week and need to share through my networks.</p>	<p>Case Studies - to recruit the remainder of participants needed in order to get the first cohort of surveys in for the first quarter.</p> <p>Walk & Draw sessions at Priory Park - to work with Dudley CVS & Social prescribers on the sustainability of these sessions and utilise link workers to organise other potential activities.</p>



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August	<ul style="list-style-type: none"> - Dudley CVS Integrated Services (Keeley Waldron, Nicola Bryne, Becky Pickin) - Cross Street Health Centre (Grace Nanwanje - Social Prescribing Link Worker-immigrants) - Priory Park Boxing Club - Worcs cricket (Elsa Evans) re: All star/Dynamo's & 'taster' sessions for parents - to include softball & walking cricket - SENSE (Callan Barber) Public Health (Baljit Johal) - Dudley council - Street & Green team/Parks (Deborah Merrick) - I love Dudley - Rainbow Life (Severine Yousse) 	<p>Dudley Parks are looking to set up more Park Active sessions, and are looking to recruit volunteers (free training available).</p> <p>Connector is looking to support Creative Health, Dudley CVS, and Social Prescribers to sustain the Walk & Draw sessions at Priory Park as they introduce a new cohort of participants whilst encouraging the graduate group to continue independently. Additionally, Tennis & Yoga sessions have been funded by BCM, based upon expression of interest from the social prescribers migrant group (funded equipment for both of these activities). Grace would like to set up some cycling sessions for asylum seekers through The Bike Project who can supply the bikes but need help finding instructors for the sessions at Priory Park.</p>	<p>Low numbers have affected the migrant group activities (reluctancy to promote wider, due to the nature of the group so will need to build slowly)</p> <p>Day/time of ladies softball cricket sessions was not inviting many participants on Tuesdays so they have been swapped to Thursdays to see if it makes a difference.</p>	<p>Case Studies - recruit the remainder of participants needed in order to get the first cohort of surveys in for the first quarter (from social prescribers' migrant group)</p> <p>Walk & Draw sessions at Priory Park - to work with Dudley CVS & Social prescribers on the sustainability of these sessions and utilise link workers to organise other potential activities.</p> <p>Set up Tennis sessions with Jason Griffiths (link worker)</p>
September	<ul style="list-style-type: none"> - Black Country Mental Health (previously Dudley Mind) – Sandra Vaughan - Dudley CVS - Integrated Plus - Cross Street Health Centre (Grace Nanwanje, Link Worker) - SENSE (Callan Barber) - DMBC Public Health - Bal Johal 	<p>Donna at Dudley CVS is the lead contact for cluster connect meetings (informed by Matt Hill - Sandwell MBC) and these cluster meetings would be a great opportunity to connect with Dudley orgs.</p> <p>Black Country MH have identified barriers to physical activity from service users reporting they do not have appropriate clothing to take part in things such as couch to 5k programmes, i.e cost for suitable footwear for running. Another barrier is anxiety for people going along to a session for the first time (potential for</p>	<p>Trying to connect with Priory community centre has been difficult (attempts have been made to reach them via a range of routes). However the connector has been given a contact for Matt Stevens and they are now working together to create some activity opportunities at the centre and/or Donkey pool.</p> <p>There is a need to support Creative Health, Dudley CVS, and Social Prescribers to sustain the Walk & Draw sessions at Priory Park as they introduce a new cohort of participants whilst encouraging the</p>	<p>Support Dudley CVS, social prescribers, and Creative Health with organising the next cohort of Walk & Draw.</p> <p>Support the female only Tennis sessions for the migrant group</p>



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		<p>using a 'buddy' system for support? Walking is good low-level activity for people looking to start exercising, and so we are working with BCMH to signpost to local wellbeing walks.</p> <p>Walk & Draw - current block of sessions is due to end on 19th October. Tennis sessions with a female coach would be well-received. One female participant turned up to one of the BCM tennis sessions but didn't feel comfortable having a go with a male coach, so having the opportunity to take part will be great.</p> <p>Grange Park has fewer attendees for the Park Active sessions, so looking to do some promotion work for this (also looking to recruit volunteers - free training available).</p>	<p>graduate group to continue independently.</p> <p>Grace Nawanje would like to set up some cycling sessions for asylum seekers through The Bike Project who can supply the bikes but need help finding instructors for the sessions at Priory Park.</p>	