

Birchfield Big Local

Big Local brings together local talents, aspirations, skills and energy to make Birchfield better now and in the future.



Big Local Needs You!

To find out more about Birchfield Big Local and how you can get involved please come along to the launch event on **Saturday 3rd May** at Holy Trinity Primary School, Havelock Road B20 3LP or contact us on **07429 838 699**.

Saturday 3rd May
11am - 3pm

Birchfield Big Local Launch Day!

- Market Stalls
- Bouncy Castle
- Face Painting
- Games
- Live Music
- Food & Drink

Holy Trinity Primary School
Havelock Road, Birchfield, B20 3LP

What is Big Local?

The Big Local brings together all the local talent, ambitions, skills & energy of individuals, groups and organisations to make their area an even better place to live. Birchfield is one of 3 suburbs of Birmingham participating in Big Local - an exciting opportunity for residents in 150 areas of England to use at least £1million to make a lasting positive difference to their communities.



Saturday 17th May
12am - 6pm

Birchfield Big Local Youth Event!

Ages
12-19

- Arts/Crafts Sessions
- Music Sessions
- Studio Experience
- Video 'Vox Pops'
- Training & Opportunities
- Food & Drink

Grosvenor Road Studios
16 Grosvenor Rd, Birchfield, B20 3NP

The Journey so far...

All Big Local areas follow a similar pathway. Birchfield has achieved the first four steps in what is called The Getting Started Phase:

- Getting People involved
- Exploring the Big Local vision
- Forming a Big Local Partnership
- Creating a Big Local Plan

The next steps are Delivering the Big Local Plan and collecting evidence of the impact Big Local has made in the area. The plan and the Partnership will be looked at every year to see what progress has been made.

Big Local Partnership

The Big Local Partnership was set up in July 2013. Most Partnership members are local residents such as representatives from Birchfield Neighbourhood Forum & Birchfield Residents Action Group. Michael Tye was elected chair of the Partnership & Dorrette Hanson its vice-chair. The Partnership provides overall direction and makes sure that Big Local remains a resident-led programme that enables locals to improve the area and achieve the long term vision and outcomes in the Big Local plan. If you live or work in the Birchfield Big Local area and are interested in joining, please contact us on **07429 838 699**.





Acupuncture...

...is an ancient form of Chinese medicine more than 5,000 yrs old. Fine needles are inserted into the body restoring body energy balance, improving the individual's health & well-being. The treatment is relaxing & relatively pain free. Based on compelling scientific evidence, many GP's support the use of acupuncture for the treatment of pain, anxiety, stress, depression and addictions. However its use extends further to include other conditions like; arthritis, diabetes, stroke, heart disease, kidney disease, hormonal disorders and much more.

Hope in the Community

HOPE Community Acupuncture Health Centre was launched in April 2014 to support the health and well-being of local residents. The Centre aims to support individuals, who despite medical treatments live with detrimental effects of long term conditions without access to other healthcare options. Improvements in health have a major impact on individual well-being, on families and the wider community. For many, acupuncture is not an affordable treatment. The HOPE Centre offers a unique opportunity for local residents to access low-cost acupuncture through its clinic.

Clinic Director Dr. Rhonda Lee brings with her 20+ yrs experience in a wide range of healthcare settings, including palliative and chronic conditions and is qualified in medicine & complementary therapies.

Similar highly successful projects include the first UK NHS supported, Gateway Acupuncture Community Clinic in London established since 1990.

The HOPE Centre treatments range from £6 - £15 depending on individual circumstances - up to 80% cheaper than private treatment (£35-£45).

Future plans for the Centre includes expansion into other types of low-cost complementary therapies, as well as health training. The service has been developed in partnership between the Birchfield Big Local and the Integrated Health Clinic.

The Centre is open every Thursday (9.30am - 1.30pm) located at the United Reform Church (13 Wilton road, Handsworth, B20 3RX). For further information or to book an appointment please contact:

Contact...
Dr Rhonda Lee: 07810 024 687
info@drlee-ihc.com
www.drlee-ihc.com



Athac Big Local Services

Access to Heritage, Arts and Culture (Athac) is a local social enterprise run by carers working with families of young people with disabilities and the elderly. They reduce social isolation of groups with specific needs and increase health and wellbeing through access to arts & cultural activities.

Senior Citizens' Community Project

Athac will provide a weekly service to senior citizens within the Birchfield Big Local area. They will deliver an outreach & befriending service to isolated individuals. They aim to support senior citizens in maintaining health & wellbeing, and increase involvement within the community. The service will work with local community groups, statutory services & faith groups to increase community connections and service uptake. New services will be developed with local seniors. These will include walks, trips, exercise, healthy cooking, well being sessions and friendly chats.

Disability Family Service

Athac will deliver holistic services to families of disabled children & young people that reduce isolation, increasing community engagement. Families will be aided in accessing a range of quality weekend activities, providing valuable enriching family time. Accessible transport will be available for all trips. They will offer health and well being sessions for parents along with wider opportunities for personal development & training. All children & young people will receive services tailored to their needs with opportunities for youth led enterprise initiatives.

For info on Athac...

Carol: 07977880132
 Birchfield Big Local: 07429 838 699

Women's Walking Group

Mondays - 9am till 11am
 Walks begin at:
 Grosvenor Road Studios
 16 Grosvenor Rd, Birchfield, B20 3NP

Birchfield Big Local Vision

We have a dream that Birchfield will become...

...a neighbourhood where the diverse community feels empowered, engaged and enabled to address issues such as health, inequality, unemployment & environment, creating a happy, safe, clean, prosperous & regenerated area in which to live and work.

...a place where every citizen has a collective sense of ownership, belonging, pride, respect, creativity and an equal voice. A place where individual talent and skills are nurtured and people want to come & stay.

In this way we will provide a lasting legacy to all people by giving them a new direction that helps break the cycle of poverty through creating a well-served and connected community.



Bloom in Birchfield 2014

Livingstone Road Community Allotment Project is working to improve the local environment and need your help! They have already started doing litter picks and greening the neighbourhood. This year they want as many as possible to join them in planting flowers.

Having entered Birchfield in 'Britain in Bloom,' they want the area to be clean & beautiful for the benefit of all, especially in July when the judges visit the area. The theme is 'golden pollinators,' so amongst other flowers, you'll see lots of Sunflowers!

Could you get involved in June by entering your front garden into the contest, or join a work-day to plant flowers, spreading colour for everyone's enjoyment?

You will be seeing the new 'Bloom in Birchfield' logo, designed by a local child, appearing wherever they are active, especially in the streets around the allotments: Livingstone, Havelock, Calthorpe, Wellington & Leslie Road. Holy Trinity Primary School will also feature on the route. You can take part no matter where you live in Birchfield.

Get in touch to get involved...

Rob, Project Worker: 07528 575 344
 bragallotment@gmail.com

Visit their blog to find out more...

livingstoneroadcommunityallotment.wordpress.com

Livingstone Road Community Allotment Project - Grow Your Own Dinner!

LRAP recently ran an Allotment Cooking Project and a Lunch Club using freshly cooked ingredients (funded by the 'Near Neighbours' scheme). Later this year they will launch a Recipe Book featuring all of the amazing food cooked at the events, so you can try them out at home.

This is an easy, economical one-pot soup you can make as a family meal. It is filling, healthy and can be served with a baguette and a crunchy salad. You can adjust the spices to make it very mild or to give it a kick!

Bean and Pasta Soup

Thanks to the Project Chef Lurlyn Salmon for recipe.

Method

- Chop onion & leeks finely and gently fry until cooked.
- Add carrot & all spices, along with 1 ltr vegetable stock.
- Cook for about 10 minutes; carrots should be firm.
- Add pasta shapes & beans. Cook for further 10-12 mins.
- If more volume is desired, crush some beans
- Garnish with parsley.



Large Carrot, Onion, 2 Leeks
 400g Red Kidney Beans
 400g White Kidney Beans
 3 Handfuls Pasta Shapes
 2 Vegetable stock cubes
 Pinch Chilli flakes
 Teasp. Cumin powder
 Teasp. Coriander powder
 1 Bay Leaf
 Parsley



Supported Projects



Guest Project Birchfield Children's Centre

Managed by Phylliscia (Phyl) Pedley, Birchfield Children Centre offers a wide range of services for families from pre-birth to children under 5 years of age and those with special educational needs and disabilities.

Services include:

- nursery/early education
- stay & plays
- child/family health services
- midwifery services & workshops
- family support (1-2-1 or group work)
- community outreach services
- links with childminders

Open Monday to Friday 9am – 3pm, and depending on need, on Saturdays. They also work with various partners including NHS, Charities, Schools, Early Years Settings & Children's Services to ensure provision of the right service for you and your family.

Why not go along to visit Birchfield Children Centre? You can speak to one of the team, register your child and pick up a service timetable.

Visit them...

Haughton Road, B20 3LE

Contact them...

0121 675 0967

Big Local Social Enterprise Hub

A key part of Birchfield Big Local is to support local residents in becoming self employed and setting up their own business or social enterprise. With this in mind we have set up a forum where local people can meet to discuss ideas, share experience, and access training, business support & mentoring.

So far we have had visits by Shamiela Ahmed (UnLtd) to explain the Star People Awards, John Shannon (Digbeth Trust) to introduce the support available through the Enterprise Catalyst programme and Maureshaa Shaw from HUGE (High Urban Growth Enterprise). Business ideas range from gardening and DIY, furniture restoration, to art workshops for youngsters & seniors, and complementary therapy. We are planning a regular programme of training and networking sessions.

After four meetings, twenty people have already attended. We've had our first successful applicants for funding from the Star People Awards, and several people have taken advantage of the training available through the Enterprise Catalyst programme. If you live in Birchfield and would like to join the hub, then please contact Andrew at Birchfield Big Local.

Star People Awards

UnLtd are working with Big Local areas such as Birchfield to offer a range of Awards to enable community entrepreneurs - our Star People - to develop solutions to needs in the community.

Who are Star People?

Star People are people who...

- ...live in the Big Local areas
- ...have a 'can do' attitude
- ...know their area
- ...have a great idea to tackle local issues
- ...are passionate about making a difference

What are Star People Awards?

A package of funding and support to help Star People begin as community entrepreneurs. We will offer Awards through a simple application process; previously used to recruit over 10,000 community entrepreneurs from across the UK!

Which Award levels are offered?

- Try It - Up to £500** For ideas to improve the local area
- Do It - Up to £5,000** Average Award of £2,500
- Build It - Up to £15k** For established social ventures

To find out more...

www.unltd.org.uk

Get in touch...

Shamiela Ahmed: ShamielaAhmed@unltd.org.uk



A scheme started by Star Person Jimoh Folarin