



### Santa Trail

On Saturday 17th —Thursday 22nd December, Closer to the Edge High Ropes and myself organised a Santa Trail for families. The aim of the Santa Trail was for families to register for the event and get a map of Sandwell Valley which showed a pre-marked route. Each map showed a set of numbers on red snowflakes to indicate where the route led. The trail was based on an orienteering map.

All participants were given the option to meet Santa Claus on top of the high ropes and zip wire down the 80m wire to the ground with their present. Over the 6 days we had people of all ages attending, and it is hoped that some of these will also take part in our Easter Eggstravaganza event on Sunday 1st April.



### Yew Tree Get Into Football Project

Gurmit, my Community Champion was keen to get young people on Yew Tree estate involved in a physical activity locally that would have a positive impact as there is little provision for them on the estate except for a 2 hour weekly youth club session. Following consultation with my community champion and the youth group it was evidently clear that the boys wanted to do football.

Using Get into Football funding, Mick and myself decided to start football training sessions. In the 2 hour training session each week they were given coaching advice from a qualified coach, practiced drills and played against each other. On the weekends they would then play matches and use the skills and techniques they learnt to play against the Delves and Walsall Lads.

The pitch they played on was used by the Walsall FC for training so that gave the boys a bit of inspiration. In the past most of them have had problems with anti social behaviour and this project was very beneficial for them to prove that they can act responsibly and enjoy taking part in positive activities. Gurmit was very happy to report that all 15 participants were well behaved during the project and attended each session with a positive attitude.





## Ryders Green Day Care Centre

Ryders Green Day Care Centre is a centre in West Bromwich that caters for the needs of the elderly including disabled people with physical and learning disabilities and those who have a mental illness. I met with Pat - the centre manager, and we discussed ideas and sessions that we could do with the group. She was very keen to do an activity that would engage them but wasn't too physical because most of the service users aren't very mobile or don't engage in activities that requires too much movement. We chose to do Wii Bowling as its easy to set up, the controller is light weight and we could do it at the centre with little space. We also decided to offer basic throwing games with bean bags and hoops. Over the 8 weeks we had 11 participants. The services users weren't overly keen to participate each week and Stacey the coach did struggle each week to get the group motivated to take part. However, it was felt that those who did participate had a beneficial experience and we demonstrated to them how easy it was for them to be active at the Day Centre. Lilly, a 92 year old woman loved the sessions and was always at the front of the queue to participate each week.



## Zumba Update

In September, a local Zumba instructor started a class on a Monday and Thursday morning and one on a Friday evening, all at community venues. The classes were funded by myself and after 12 weeks of support the classes have all become self sustainable. The classes attendances have risen from 7 to 16 most weeks.



## Tai Chi

In April 2011 2 Tai Chi classes were started - one daytime and one evening. Sessions were held at George Salter Academy and Lodge Road Community Centre. The classes were initially funded for 10 weeks and now the daytime class has become a sustainable class running each week.

For more information about activities in the West Bromwich Area contact Vina Fatania on 0121 506 4980 or email: [vina\\_fatania@sandwell.gov.uk](mailto:vina_fatania@sandwell.gov.uk)