

September—December 2011

Physical Activity Development Officer

Rowley Newsletter



“Creating an Active Sandwell”

Bowl away the Winter Blues

Every Monday morning since early October over 30 people have been meeting for a social turn-up and play bowls session at Haden Hill Leisure Centre. The session takes place every week from 9.30—11.30am and costs just £1.50 including a cup of tea or coffee. Bowls is a great way to get some gentle exercise and social competition together with a fantastic opportunity to enjoy the company of like minded people and renew old and make new friends. To take part in the bowls sessions just turn up on a Monday morning at Haden Hill Leisure Centre, Barrs Road. Groups or individuals are equally welcome to attend.



Sandwell Ladies FC Playing for Success

Sandwell Ladies FC the local women's football team are making great progress towards establishing themselves as a league team and building firm foundations for the club's future. The team have successfully completed their first full season in the



Birmingham Women's League and have just started playing matches in their second season. Winter

training has now started every Thursday evening and the team are always looking for new players. For more information on the team and to contact them please visit their website www.sandwellladiesfc.co.uk Anyone is welcome to attend training sessions and give football a try. Rebecca Still, Club Chairperson said “We started with 9 players and now have a squad of 23 which shows how the team is growing and progressing”.

Primary parents go back to school for fun and fitness

Working with Brickhouse Primary School, Dudhill Road over the last term a parents Zumba class has been taking place every Friday afternoon between 2pm—3pm. After talking to parents and liaising with the schools Parent Support Advisor the time was chosen as parents can attend the class and then pick up their children from the school. In this way the class fits in perfectly enabling parents to exercise while children are in school.



The class has been very popular with approximately 12 adults attending. In the new year similar classes are starting at Grace Mary and Tividale Hall Primary Schools to provide some more easily accessible and affordable opportunities for parents to fit exercise into their busy lives. All the classes cost only £2.

Looking for a new Class or Activity

If you are a group, school or organisation and would like to set up a class for your local community please contact Matt Hill, Physical Activity Development Officer for Rowley on the contact details overleaf.

SANDWELL ACTIVE WOMEN

Sandwell Active Women is one of 20 projects to secure funding from Sport England's £10 million Active Women fund aimed at tackling the gender gap in sport.

As part of the programme exercise classes are taking place all over Rowley at Cradley Community Centre every Thursday at 9.30—10.30am, Old Hill Primary School on Thursdays at 5.00—6.00pm and a brand new Zumba class at St James's Church, Lion Farm on Thursdays at 11.00am—12.00noon which also includes a crèche.

For more information on the Lion Farm class please call Matt Hill on 0845 659 4815 option 0, Joy Lester on 0121 561 3746 or Louise on 0121 544 3094

Just turn up to take part and get active!!



Cradley ladies get Active amongst friends

Working in partnership with Cradley Heath Sure Start Centre a group of Asian ladies enjoyed a weekly exercise class every Wednesday afternoon at Cradley Community Centre. The class featured lots of general fitness and toning exercises to both improve general fitness and enhance strength and stamina. The sessions took place at 1.30—2.30pm to fit in with the preferences of the group and over 18 ladies regularly attended the sessions feeling both the physical and social benefits of regular exercise with friends. The ladies who took part in the programme now have the opportunity to join one of the regular weekly classes at Cradley Community Centre and continue with exercise. The group at Cradley Sure Start are also taking part in the Walkwell programme to measure their health improvements.



Regular Rowley Activities

Monday

Bowls: 9.30—11.30am at Haden Hill Leisure Centre

Exercise Class: 9.30—10.30am at Cradley Community Centre

Tuesday

Netball: 6.00—7.00pm at Haden Hill Leisure Centre

Thursday

Exercise Class: 9.30—10.30am at Cradley Community Centre

50+ Exercise Class: 9.30—10.30am at St Giles Church Hall

50+ Exercise Class: 12.00—1.00pm at Salvation Army, Meredith Street

Zumba (with Creche): 11.00—12.00noon at St James's Church, Lion Farm

Badminton: 8.00—10.00pm at Haden Hill Leisure Centre

Badminton proves a smashing hit!

Since receiving **£3,900** from Sport England's Small Grants Scheme to deliver a new programme of activity, Haden Hill Badminton Club have seen in excess of 20 people each week attend the new community session featuring coaching and social play. The sessions run from 8.00—10.00pm during term time and cost only £3. Just turn up and give it a try.

Does your Club/Group need funding?

If your club or organisation in Rowley needs any funding to help deliver new activities that will help get more people active please contact Matt Hill on the details below to put your plans into action!! Several local clubs and organisations including sports clubs, churches and older peoples groups have already gained funding.



LOTTERY FUNDED



SPORT ENGLAND

Coming Soon!!

No Strings Badminton Sessions

The new year will see new Badminton sessions starting at the Rowley Learning Campus every Tuesday evening. The sessions are part of the Badminton England "No Strings" initiative which provides organised pay and play sessions for everyone. Look out for more details in the new year and come and join the fun and friendly badminton sessions.

New Activities

- New community walking clubs
- Sports Sessions
- New estate exercise classes
- New Seniors Activity Club
- Haden Hill Park Green Gym
- Bootcamp classes
- Sure Start Fit Club

For more information on any of the activities in this newsletter or any activities you would like to see in Rowley please contact Matt Hill, Physical Activity Development Officer for Rowley on 0121 506 4980 or 07879 890252 or matthew_hill@sandwell.gov.uk