



## Solihull Active Newsletter May 2021

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### News and Updates

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#### How can sport safeguard children?

This animation has been produced to help anyone involved in delivering sport or activities to children and young people.

It shows the difference between child protection and safeguarding in a sports setting and looks in more depth at how children and young people can be further protected beyond their time at training sessions. [Access the animation here.](#)



#### Child Protection in Sport Unit

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#### FREE Safeguarding Training for voluntary & community sector organisations

Solihull Local Safeguarding Children Partnership Solihull LSCB is providing a FREE introduction to safeguarding training for voluntary & community sector organisations.

It's on: **Thursday 27 May, 10am - 1pm**

The training is for those who work or volunteer in voluntary and community sector not for profit organisations for children, young people and families.

For booking access directly through this link [here](#). Online user guide for assistance for people booking & the link can be found [here](#) (scroll to the bottom of the page).

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#### Funding Opportunity – Solihull Wellbeing & Recovery Fund

Solihull Council has partnered with the Heart of England Community Foundation on another funding opportunity: The Solihull Wellbeing & Recovery Fund.

The priorities are:

- Enable communities to thrive
- Taking action to improve the life chances in our most disadvantaged



The fund opened on Monday 26 April 2021. This fund follows on from the previous programme with these minor additions:

- New themes - holiday food, activities and support for children, young people, families, and whole communities and creating safer communities
- A greater priority given to organisations delivering in high Covid-19 transmission areas
- A greater priority for Solihull based organisations delivering in the area

To find out more about the fund or get support with your application please contact Solihull Council's Community Development Team at [cdt@solihull.gov.uk](mailto:cdt@solihull.gov.uk) or Solihull CAVA at [solihullinfo@wcava.org.uk](mailto:solihullinfo@wcava.org.uk) tel: 0121 312 3717.

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## Search is on for 25 Game Changers to join the sports team at Birmingham 2022

The organisers of the Birmingham 2022 Commonwealth Games have announced the search is on for 25 Game Changers.

These new recruits have the opportunity to change their lives by embarking on a new career in sport where their first task is to help deliver the biggest sports programme in the history of the Games. More information about the jobs, including the simple application process and the minimal qualifications needed, can be found at

<https://birmingham2022.gigroup.com/divisions/operations/>

**The closing date for applying for these roles is 13 May.**

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## Tesco Community Grants

Tesco Community Grants support local good causes that focus on helping children and families.

Examples of eligible applications with a focus on supporting children and families could be:

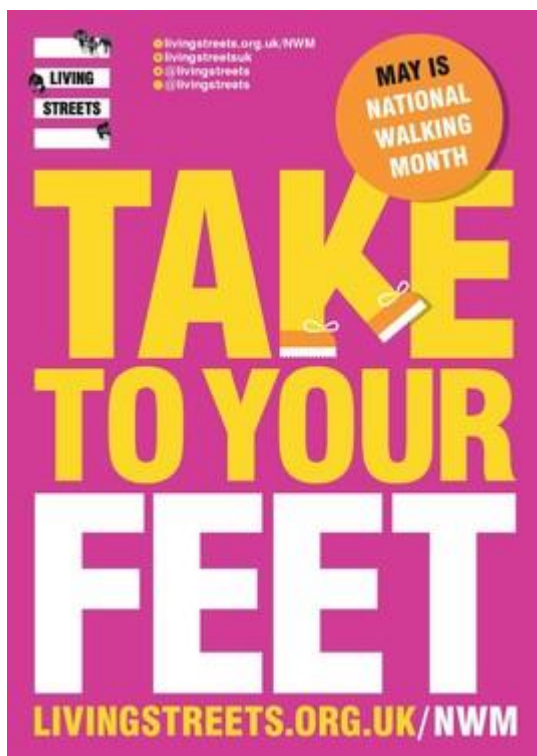
- a voluntary organisation working with families to run holiday clubs
- a brownie or scout group needing new tents
- or a youth sports club needing new equipment
- or a local friends of a park group wanting to develop a new toddler area



Tesco Community Grants is always open for applications from charities and community organisations to bid for up to £1,500 find out more [here](#).

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## Health and Wellbeing



### National Walking Month

Walking is good for our minds, our bodies and our neighbourhoods and has been a lifeline during the past year, helping people stay active and connected. That's why we want everyone to keep going and pledge to **#WalkThisMay!**

Let Living Streets know how many short journeys you plan to walk each week during National Walking Month. They **will also enter everyone who pledges into our prize draw** to win either **£200 or £50** worth of outdoor clothing shopping vouchers, so you're ready and raring to go - whatever the weather!

[For further details click here](#)

Para Dance UK is thrilled to be launching a new programme, especially designed for you, our social dancers, to get back into inclusive dance. [Tour Of The Floor](#) will let you explore different dance genres from all over the world and will help get you dancing again in a fun and safe way.



The super flexible programme is made up of different mini-courses with videos for you to join in with. These videos are full sessions in different genres and all have a warm up, routine and cool down. You can do these videos over and over again if you like!

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## Active Chats!

If you have low physical activity levels, are aged over 60 and looking to be more active then why not try Active Chats for support, advice and some simple gentle exercises to help you get started. Active Chats is a telephone and virtual befriending service that has a specific focus on being more physically active. It's great for people who are more vulnerable and may have been shielding and for those feeling isolated at the moment. Active chats is also available if you have had Covid-19 and are looking for ways to be more active as part of your recovery.

To find out more about how Active Chats could help you or someone you know call Citizens Advice Solihull Borough: 0121 779 6707.

**Covid-19 has been hard, especially on those who are shielding, have had the virus or over 60 years of age**

- Are you less active?
- Would you like help to exercise and gain energy?
- Or could you help others to become more active?

**Our Active Chatters will take you through a series of seated exercises for 6 weeks.**

**To take part or volunteer as an Active Chatter, call Chelcy on 0121 779 6707 or visit [www.casb.org.uk](http://www.casb.org.uk) #activeathome**



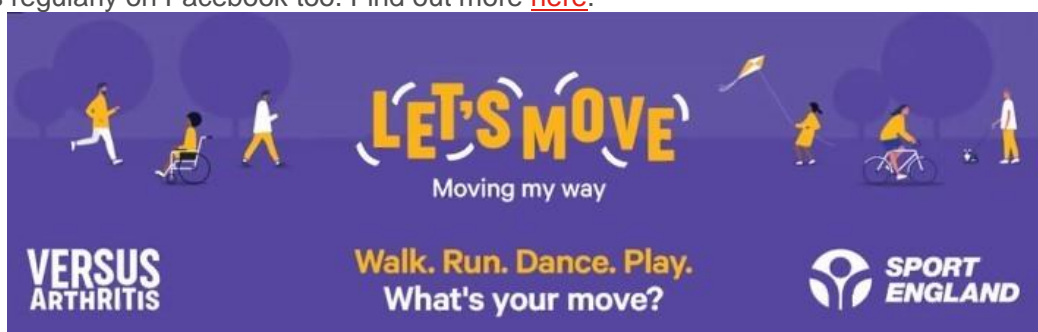
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## Introducing Let's Move from Versus Arthritis

Let's Move is a new programme for people with arthritis who want more movement in their lives. The programme is designed to find the level of movement that's right for you and help you build confidence in your body. As part of Let's Move, you'll:

- receive content to help get you active, specially curated for people with arthritis and related conditions.
- hear inspiring stories about people with arthritis whose lives have been transformed by movement – from tai chi to dancing.
- join the online community on Facebook and Instagram, where you can connect with people on the same journey and find expert advice.

You can choose how to access the Let's Move content and they'll send you a Let's Move email every week and share activities regularly on Facebook too. Find out more [here](#).





## Self-isolating due to COVID-19?

The Council is Here2Help

let's do the  
**right thing**  
for Solihull



If you have tested positive for COVID-19 or are a confirmed contact of someone who has or have symptoms then you must self-isolate immediately for 10 full days along with anyone in your household.



Solihull Council has local teams who can arrange help and support while people self-isolate.



This could be anything from financial help, to shopping vouchers and priority delivery slots to fuel top ups. We can even help with dog walking!



We can also help you to get basic items including white goods if you are in financial hardship.



We can also provide emotional support and have people on hand for a friendly chat if you're struggling with self-isolation.

As lockdown eases over the coming months, it's going to be even more important to self-isolate when asked to. It's not easy, but by self-isolating you'll be helping everyone to get back to normal as quickly as possible.

**So please – if you need help, just call 0121 704 6793 or visit the council website:**  
<https://www.solihull.gov.uk/COVID-19/here2help>

And if you need help with something we don't currently provide, please let us know at [contacttracing@solihull.gov.uk](mailto:contacttracing@solihull.gov.uk) and we'll see what we can do.



Hands



Face



Space



Fresh air



Get a test

