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February 2023



Active Birmingham Webinars

The new Digital Activity finder, Active Birmingham, is here and waiting for you to promote your activities! Check it out [here](#)

The new Birmingham activity finder will help organisations, like yours, connect with more people and raise awareness about the amazing opportunities you provide. We want to make sure we capture and promote as much local community-based activity as possible, and we invite you get involved to continue the buzz of the Games!

Interested in finding out more? Join one of our online drop-in sessions where you will find out how to reach new audiences and fill unused capacity by uploading your activities on Active Birmingham! Sign up [here](#)

Drop in sessions will be held on:

Thursday 16th March 12:00-12:30

Monday 20th March 12:00-12:30

Wednesday 22nd March 12:00-12:30

We can't wait to see you there!

Birmingham School Games Para-Athletics

Children from Schools across Birmingham had an amazing time taking part in the Birmingham School Games Para-Athletics City Finals. Schools taking part were Billesley Primary, Colmers Farm, Aston Manor Academy, New Ways, Ninestiles, Welsh House Farm, Erdington Academy, Regents Park Primary and Yardley Primary. Pupils enjoyed participating in a range of sporting activities including relay races, agility courses, ball work and foam javelin. Everyone was encouraged and supported to take part and get the most out of every activity. Our thanks go to the Eddie Parsons and all of the fantastic teachers and support staff.

We've also been busy finalising the edits for our School Games Dance Comps which were held in January this year. Check out the links below to see all the amazing performances.

Secondary Schools performances - Click [here](#)

Primary Schools performances - Click [here](#)



Foam javelin and long jump

Who's who!

In this issue we introduce digital marketing apprentice John, a new member of the Sport Birmingham Team.

Hi, I'm John!

I am the digital marketing apprentice at Sport Birmingham. My time is split between study and supporting Sport Birmingham's marketing and communications. I have found that the great advantage of apprenticeships is the close combination of learning and practical experience. The balance between the hustle and bustle of the workplace and the classroom and self-study works really well. Knowledge gained from learning can be directly and immediately applied within a work setting, and practical experience in turn contributes to the learning process. It has been great to be afforded the time and freedom to expand my knowledge around digital marketing, and apply my learning in the workplace. I have been on lots of training courses, and have been able to share my learning with the team. I have also developed many industry specific skills that have built my confidence and competency in the field. It is great to work and learn within such a happy and supportive work environment.

To meet more members of the team [click here](#)





Check out the Birmingham School Games All Styles Dance Competition video here!

Moving Lives Healthy Minds

Earlier this month we celebrated the end of our Moving Lives Healthy Minds (MLHM) Erdington pilot. MLHM is a Comic Relief funded project giving adults who suffer with severe ill mental health access to local physical activity providers to support their long-term recovery.

We want to say a big thank you to all our providers: JaxYoga, Activ8 Trampoline, Pype Hayes Gym, Aston Villa Foundation, Aldridge Netball Club and Victoria Mallett Golf.

We are currently planning for a 3rd pilot of the project based in Sparkhill. If you are a local provider and this is something you would be interested in being involved in, then please contact: abbie.dibbin@sportbirmingham.org (Wellbeing Officer).

Skills 360

Are you part of a club or a community group running projects in the city? At Skills360 we're here to support your workforce or volunteers in developing the skills, gaining the knowledge, and getting the experience required to take your great work to the next level.

In collaboration with Sport Birmingham and Sport England, Skills360 provides a platform for organisations to support their workforce to build and reflect on skills, gain confidence and resilience to engage in social, civic and physical activity.

Create a free account to join the existing community <https://www.skills360.org.uk/register>

Or for more information, contact ben.gutteridge@sportbirmingham and get a full demo of the platform!



Left to right: Jacky White (JaxYoga), Deb Danks (Activ8 Trampoline), Megan Field (Pype Hayes Golf Course and Gym), Luke Hedley (Aston Villa Foundation), Pauline Madden (Aldridge Netball Club), Sian Jones (Birmingham and Solihull Mental Health Trust), Abbie Diskin (Sport Birmingham) and Victoria Mallet (Victoria Mallet Golf).

"Life is like riding a bicycle. To keep your balance, you must keep moving."

Albert Einstein



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