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June 2023



Mental Health Champion Programme

Thank you for the great response to the Mental Health Champions Programme. We are already starting to onboard our first cohort of champions! We are keen for more to join and have therefore kept the opportunity to apply open. For more information on the programme and to apply click [here](#) and scroll down to the Mental Health Champion dropdown.

Samaritans Awareness Day is on the 24th July, which brings into sharp focus the importance of mental health. 1 in 4 people will experience a mental health problem in any given year. Research shows that being active improves our mental health and reduces our risk of developing depression by up to 30%, as well as playing a big role in supporting mental health recovery.

[#TalkToUs](#) [#SamaritansAwarenessDay](#)



[Click here to apply to be a Mental Health Champion](#)

Youth Insight Results Webinar

Do you work with children and young people in Birmingham? Interested in hearing in their own words what life is like in 2023?

Sport Birmingham, in partnership with Youth Engagement Specialist, invite you to the launch of our Youth Insight results. During the online webinar, you'll learn about:

- Research methodology and creative techniques
- Ward specific and Birmingham wide results
- Young people's priorities, concerns and hopes for the future

This webinar is open to all organisations working with young people, whether you are a youth club, sports club, charity or strategic partner. Register for this event for FREE to receive a link to the webinar and to keep in contact with Sport Birmingham for future news about this research.

Monday 10th July, 11am (1 hour)

To sign up click [here](#)

We look forward to seeing you online!



Celebrating the Commonwealth Legacy

Birmingham Festival 23 is a free 10-day Festival taking over Centenary Square with live music and performance, creative and participatory activities, and big-screen content to conjure the shared experiences, magic and memories of the summer of 2022. It runs from 28th July - 6th August.

For more information on the official Birmingham Festival 23 website click [here](#)

PLACES & SPACES

Up to £10,000 in match funding to improve your Place or Space

To help community sport and physical activity groups create or improve facilities in their local area

Supported by Sport England and delivered in partnership with Crowdfunded UK

Contact Sport Birmingham today, if you are considering or have ever considered crowdfunding to raise funds for your club/organisation. By calling us directly, you could benefit from local one-to-one support and guidance, while the Places and Spaces match funding initiative is still running.

Places and Spaces is due to close at the end of Friday 25th August 2023 and capital projects need to complete by the end of the year to be eligible for a pledge from Sport England. However, Active Together, an identical match funding initiative also supported by Sport England, will continue to run to help to activate our communities and ease the burden that the coronavirus pandemic has imposed across the sector.

If you would like to know more about Crowdfunding for Sport, don't delay!

Click [here](#) to sign up to the crowdfunding webinar on Wednesday 12th July

School Games Legacy Events

School Games is an ongoing sport and activity programme for children and young people. Games participants are encouraged to follow the Spirit of the Games values: determination, eco-friendly, honesty, passion, respect, self belief, and teamwork. There is a strong emphasis on inclusion at School Games events to ensure all young people are given the opportunity to take part. Click [here](#) for more information.

On 22nd & 23rd June School Games events were held to celebrate the approaching one year anniversary of the Birmingham 2022 Commonwealth Games. Up to 1000 young people from 80 schools attended the events across the 2 days, giving them the chance to experience new sports and activities in the setting of the redeveloped Alexander Stadium.



Goalball UK Club Leaders Award

The Club Leaders Award is a standalone qualification accredited by Goalball UK, the National Governing Body of the Paralympic sport. It is primarily for coaches who are going to be working with blind and partially sighted players in a competitive club environment. No prior knowledge or experience is required.

Book your place!

When: Saturday 1st July from 9.30am to 4.30pm

Where: The Factory, 5 Devon Way, Longbridge, Birmingham, B31 2TS

Cost: £50

To sign up click [here](#)

For more info email Kathryn.Fielding@goalballuk.com

Summer Volunteers.....Get set go!

England Athletics are looking for volunteers for the England Athletics U15 and U17



West Heath Community Centre Move It or Lose It in full swing! One of the projects that has received funding from Together Fund. Supporting older adults in South Birmingham to keep active, have fun and connect.

Mapping Summer Youth Provision in the West Midlands

The West Midlands Violence Reduction Partnership and partners, have developed a survey to collect information on provisions occurring in the summer. The information will go on the Summer Provision Map (details and link below) to allow outreach workers and others to find details and refer young people to activities happening near them. Youth work organisations and practitioners are invited to complete the survey which can be accessed [here](#)

Summer Provision Map: The Summer Provision Map is a public tool that can be used to find activities happening near a selected location. Click [here](#) to open the summer map.

"It is often the small steps, not the giant leaps, that bring about the most lasting change."

Queen Elizabeth II



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