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May 2024



Mental Health Awareness

Earlier this month it was [Mental Health Awareness Week](#). This year's theme was "Movement: Moving more for our mental health". Approximately one out of every four adults and one out of every six young people will experience mental health challenges in any given year. Sport and physical activity can significantly contribute to both preventing mental health issues and aiding the recovery of individuals dealing with them. The Mental Health Champions Programme helps clubs and organisations develop skills, knowledge, and understanding of mental health, enabling them to engage in constructive conversations on the topic. Below is a picture of one of our Mental Health Champions Matthew Hillman with participants at King's Norton Tennis club.

Click [here](#) for the full article.

On the 10th June, Sport Birmingham are hosting a free mental health workshop in partnership with Birmingham MIND. We aim to support clubs and organisations to become more aware of mental health. For more information and to register click [here](#).



[Click here to sign up to be a Mental Health Champion!](#)

Meet Jo Long - Talking All Things Mental Health and Activity Finder!

We spoke to Jo Long who is Head of Pastoral Care and a [Mental Health Champion](#) at Birmingham Roller Derby. For the full article click [here](#).



Sport Birmingham to Play Crucial Role in Developing Physical Activity for Health Pathways

Sport Birmingham is set to play a significant role in how the health sector across England supports adults to develop a more active lifestyle. It has been selected as one of 39 organisations that will help design and test possible solutions so that the health sector, together with physical activity providers, can support those living with, or at risk of, a long-term health condition.

For the full article click [here](#)

Sustainable Sport and Physical Activity

Every Move

Earlier this month, Sport England launched its Every Move Strategy and Action Plan. Every Move is Sport England's sustainability strategy to help support the sport and physical activity sector respond to climate change. Our changing climate is already impacting our opportunities, motivation, and ability to be active. Together we can make a change. Find out more about Sport England's #EveryMove Strategy and Action Plan [here](#).

Active Travel

Active travel refers to ways of travelling that involve a level of activity to get from place to place. Click [here](#) to check out Buddle's article on the benefits of active travel for mental and physical health, and the environment.

[National Bike Week](#) is coming up next month. Click [here](#) for a free map of family friendly cycle routes throughout Birmingham.

#BikeHero



Free advice and support for local clubs and community groups



Sport Birmingham can offer specialised support for your sport and physical activity club or community group - we'd love to hear from you!

We can advise on a range of topics including funding, skills & training, volunteers, networking, marketing and safeguarding.

Please get in touch with our community team by filling in our enquiry form



Ben



Chris



Jacky



Mel

[Click here for the Community Support Enquiry Form](#)



Community & Club Disability Network

Do You Deliver Disability Sport and Physical Activity Sessions in Birmingham?

If so, we would love to hear from you!

In partnership with Access Sport, we are looking to develop a disability club/community network with the aim of sharing best practice, opportunities for funding & support, as well as to spread awareness of the fantastic inclusive opportunities available across the city.

Please complete this short form [here](#) by Friday 31st May if you would like to be part of the network or for more info email charlotte.barnard@accesssport.org.uk

Funding, Volunteering and Training Update

The Movement Fund

Sport England have funding available for sports clubs and community groups. They have introduced a new funding eligibility tool that can be accessed [here](#)

Sport Birmingham are hosting a free mental health workshop in partnership with Birmingham MIND. We aim to support clubs and organisations to become more aware of mental health and how to approach difficult conversations about mental health. For more information visit our events page [here](#).

Buddle

Buddle provides free learning and support resources to inspire and strengthen clubs and community organisations offering sport and physical activity - and the professionals that work with them. Check out their website [here](#).

CIMSPA Endorse Skills360 eLearning Courses

The Skills360 team are pleased to announce that they are now an official Chartered Institute of Management in Sport & Physical Activity (CIMPSA) training provider. This means that their four 'employability skills' eLearning courses have been reviewed and are endorsed by CIMSPA. By completing the courses learners can earn CIMSPA CPD (Continuous Professional Development) points. For more information about Skills360 click [here](#).

Couch to 5K

Are you looking to get out and about and active this summer?

EcoGrow are offering a fantastic opportunity to get fit for free and meet new friends along the way. They are holding a [Couch to 5K](#) programme starting on Saturday the 25th May in Erdington. Check out their Facebook page [here](#) for more information and to get in touch.

We are recruiting

We are recruiting for a new Chair of the Board of Trustees, which results from the current chair reaching the end of their maximum term with us. This is a very special and important role to lead the organisation into its next period of growth, influence and impact. For more information on the role and to apply click [here](#)



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