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October 2023



Autumn Activity

The nights are drawing in, and it is well known that physical activity, nature and daylight can play an important role in supporting mental health and wellbeing. Mind provide information and support around mental health. For more information and advice from Mind around the benefits of physical activity and nature, follow the links below:

- [Physical Activity and Mental Health](#)
- [Nature and Mental Health](#)

Birmingham is blessed with some wonderful green spaces with opportunities to enjoy fresh air and the glorious colours of autumn. The Birmingham Ramblers Association are running free short walks in November including Highbury Park (2nd Nov), Cole Valley and Babbs Mill (16th Nov) and Waseley and Lickey Hills (30th Nov).

🧑‍🦺 [For more information and details of how to join click here](#)

🧑‍🦺 [If you prefer to walk independently, 5k walking guides for parks across the city are available to download here](#)

Friends of Cotteridge Park offer a range of free park activities including walking groups, Tai Chi & Qigong, and Swingfit dance.

[For more info click here](#)

Birmingham Bounces

The FIG World Trampoline Championships 2023, will be taking place in Birmingham in November. Ahead of this event, Sport Birmingham & the Birmingham School Games will be hosting their very own gymnastics INSPIRE event in partnership with

British Gymnastics. Selected schools across Birmingham have been invited to take part in the event to be held at Revolution Gymnastics, on the 26th October, where participants will have the opportunity to learn, develop and showcase their skills alongside meeting one of the amazing gymnastics athletes. Every school attending will receive tickets to the FIG Trampoline Championships in November. It's sure to be an uplifting day!



Join 'Path to Paris' from Team GB and Paralympics GB and inspire children to live more active lifestyles!



In just under a year, the 2024 Olympic and Paralympic Games will take place in Paris. To mark this occasion, Get Set (the official youth engagement programme from Team GB and Paralympics GB), is on a mission to get children aged 5-11 and their families more active with their new virtual challenge – Path to Paris. Schools, community groups or families can set up teams for children to take part – and everyone can join in with the fun alongside them, completely free!

[Click here for more info and to get involved in Pathway to Paris](#)

Urban Sports in November! Wednesday 1st November 2023

An urban sports event is being held in association with the Our Community

host of other exciting urban sports.

Date: Wednesday 1st November 2023

Time: Midday - 4pm

Location: Eden Boys Leadership Academy, 441 Alum Rock Road, B8 3DT

For more information contact enquiries@ourcommunity.org.uk

British Rowing Indoor Championships is back

Saturday 9th December 2023

The British Rowing Indoor Championships 2023 will be hosted alongside FitFest 2023 at the NEC in Birmingham. For more information on BRIC click [here](#)

What is FitFest 2023?

5,000+ fitness enthusiasts are expected to be in attendance at FitFest 2023, where multiple fitness events will run over the three days including:

The British Rowing Indoor Championships

ATHX Games – the Ultimate Functional Fitness Experience

SID Triple Threat – an Open CrossFit competition for all levels of athlete

The England Weightlifting Championships



Creating Connections with Active Birmingham



Do you want to promote your activities to more local people?

The new Digital Activity finder, Active Birmingham, is here and waiting for you!

The activity finder will help organisations like yours, to connect with more local people and raise awareness of the amazing opportunities you provide. We want to make sure we capture as much community based activity as possible and invite you to be a part of it!

the Active Birmingham [home page](#).



Entries close on Friday 24 November 2023. For more info and to enter click [here](#)

If you are interested, please contact Maria Hughes at Birmingham LGBT mariahughes@blgbt.org. More information on the LGBTQI+ Community Groups Forum can be accessed [here](#)

Asda offers a range of grants for community oriented organisations. For more information click [here](#)

Proud to Pitch

Proud To Pitch In is an initiative from Greene King IPA, paying cash grants of up to £4000 to grassroots and community sports clubs across the United Kingdom. For more information click [here](#)

Training Course and Webinar Update

Get Grants

Get Grants are offering the following free courses in November:

- 10th November - Introduction to Fundraising Strategy Workshop. For information click [here](#)
- 14th November - Introduction to Management for Fundraisers Workshop. For more information click [here](#)

Social Coach Leadership programme

The Social Coach Leadership Programme brings together the required skills and competencies to:

- Engage young people through sport, art, culture and digital activity
- Equip them with mental, physical and emotional life-skills and resilience
- Empower them with the aspiration for college, university, employment and entrepreneurship.

For more information about the programme click [here](#)

SCLP are holding a free workshop on 1st November, for more details and to enrol click [here](#)

RevivR

British Heart Foundation are offering online CPR training. Their digital tool RevivR makes it simple to refresh your CPR and defib skills in just 15 minutes. It's free and easy-to-use, and only requires a mobile device and cushion to complete.

Click [here](#) to access the training

Club Matters

Club Matters are offering a range of workshops and webinars in October and November on subjects such as marketing strategies, legal structures and supporting volunteers for clubs and community organisations. For more information on the full range of workshops and webinars and details of how to book your place click [here](#)

Volunteer It Yourself

In need of renovations to your club?

Want to widen your participation/membership?

Would you like to engage local young people and your community in volunteering?

Volunteer It Yourself (VIY) help young people learn trade skills whilst helping to renovate vital community facilities. VIY combines DIY and volunteering (VIY!) by challenging young people aged 14-24 to help repair and refurbish community places and spaces, whilst learning vocational trade skills on the job. VIY learners are mentored by professional tradespeople and can work towards and gain Entry Level City & Guilds trade skills accreditations.

For more information on VIY projects in Birmingham [click here](#)

You can complete their [Expression of Interest](#) form to see if your project fits the bill
Birmingham Timeframe: Nominate by Oct 2023

Check out these great events coming up at the Lighthouse Young peoples centre in November!



Be part of our family

DISABILITY SPORTS FESTIVAL

**THURSDAY,
NOVEMBER 2, 2023**

JOIN US FOR CRICKET, INCLUSIVE FITNESS & WHEELCHAIR BASKETBALL

10:00AM - 2:00PM
THE LIGHTHOUSE YOUNG PEOPLE'S CENTRE
100 ALMA WAY, B19 2LN

FREE
12-25 YEAR OLDS






BOOK HERE

FAMILIES & SIBLINGS ARE WELCOME TO TAKE PART

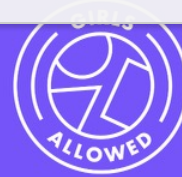
FOR MORE INFO PLEASE CONTACT: PAUL.HUNT@ALBIONFOUNDATION.CO.UK 07984 610 283








GIRLS ALLOWED IS COMING TO BIRMINGHAM!



An opportunity for girls aged
8 - 16 to have **fun**, try **new**
activities and keep moving.

Friday 3rd November
The Lighthouse, Young
People's Centre B19 2LN
12 - 5pm



SIGN UP

With a **live DJ** keeping us all up beat
spinning all the latest tunes, this is a session
not to be missed!
Spaces are limited, so **sign up today** to
make sure you don't miss out!

Oh and most importantly, it's only *Girls Allowed!*



All participants receive free goodies,
including an exclusive **Nike sports bra***



www.espfoundation.co.uk
For more information please email:
espfoundation1@gmail.com

Supported by:



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"If you see someone without a smile, give 'em yours!"

Dolly Parton



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