



Spring/Summer 2018

Local Trust | **Big Local**



North Meets South (NMS)

is by residents, with residents & for residents
of Marks Gate & north Chadwell Heath

www.nmsbl.org.uk



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COMMUNITY GRANTS UP FOR GRABS!

It's Dragon's Den's time! This is when you can ask for a fantastic grant of up to £2,000 to bring your community project idea to life! So whether it's sports or dance for young people, arts & crafts for older people, family fun days, gardening, homework club, keep fit or learning new skills, you could soon be on your way to doing something really special for your community. It's easy to apply, so long as your project takes place in the North Meets South area of Marks Gate and north Chadwell Heath, and supports local residents. We can even help you refine your ideas and talk you through the grant application.

Dragon's Den opens for grant applications Monday 26 March and closes 5pm Monday 23 April. Then it's in the community's hands with the Dragon's Den voting events on Wednesday 13 June at Marks Gate Community Centre and on Friday 15 June at Eastern Avenue Baptist Church hall. Remember, this is your chance to do the community project you've always wanted. Why not give it a go?

To apply for a Dragon's Den grant, please get in touch:
Contact Ola on 07419 285 839
Or nmsworker17@gmail.com
Or visit www.nmsbl.org.uk



BIG LOCAL PLAN 2018–19



Following discussions with you, our community, we're moving ahead with delivering your priorities in the 2017-19 Plan, along with two **NEW** projects for 2018-19 under **Strengthening Communities**.

Green & Open Spaces

Improve the green spaces, local outdoor environment and facilities available in the area so that more people can benefit from them and want to use them for a variety of social, health related and other community activities.

- Improved play facilities at Tantony Green
- Outdoor Gym at Tantony Green
- Community gardening and food growing activities
- Benches along popular routes
- Establishment of "Friends of" groups, in particular for Tantony green and Padnall Lake
- Activity equipment for use in green spaces
- Discuss the maintenance of existing spaces, littering and recycling with the Council

Strengthening Communities

Provide support and activities for people of all ages living within the Big Local area. Young people have been identified as a priority for aspiration.

- Sports and arts activities for children and young people, including holiday provision and youth work
- Help with schoolwork or homework
- **NEW** Life Skills & Opportunities, including interactive engagement and learning for 12-19s
- **NEW** Training Bursary Fund especially for 16-25s
- Activities for older people and other adults, including arts & crafts, fitness and socials
- Digital inclusion projects, supporting people of all ages to access online facilities e.g. job-searching, or access to services for older isolated people

Community Economic Development

Access to information and services, affordable finance, training, employment and enterprise

- Financial advice in partnership with agencies like Citizens Advice Bureau and Credit Union
- Social enterprise training and support for local people, including start-up funding/grants and the possibility of dedicated enterprise space
- Training, confidence building and mentoring for people of all ages, supporting their progression to education, employment and enterprise
- Exploring the potential for partnerships with local businesses/tradespeople to develop and encourage training opportunities and apprenticeships
- Exploring the potential for a Big Local Community Hub with community services and activities



Community Engagement & Partnership Support

Ensure that the community continues to identify and refine its needs and take action. Provide a Voice.

- Enabling residents and groups to develop projects that benefit the community, through Dragon's Den
- Engaging residents in community activities and services, encouraging people to get involved
- Supporting the development of community groups and projects in the area, including help with governance, fundraising, and project planning
- Encouraging partnership to maximise local benefit

PRIZE DRAW: Win bowling for 4!

Simply answer 7 easy questions and you could soon be on your way to a great time with family or friends. Just visit the North Meets South website - www.nmsbl.org.uk - to answer the questions below. Then **send your answers by Monday 16 April, via the 'Get Involved' page of our website.** The winning entry will be notified by 30 April. Let the fun begin!

'Home' page:

Question 1 - **What is Strengthening Communities about?**

'About' (lots of background information):

Question 2 - **How many people are currently on the North Meets South partnership (steering group)?**

'Our Work' (read all about the different priorities and more):

Question 3 - **What's the proposed total budget for 2018-19?**

'What's On' (events and activities):

Question 4 - **What happens Fridays at 2.30pm?**

'Community Links' (useful contacts):

Question 5 - **Who can Turn2Us help?**

Question 6 - **Who can The Silver Line help?**

'Get Involved' (be an active part of Blg Local):

Question 7 - **What's one of the ways you can get involved with North Meets South?**



Remember to send your answers via the 'Get Involved' page of our website: www.nmsbl.org.uk
Good luck!

THE COMMUNITY PROJECT THAT KEEPS ON GIVING



One Dragon's Den project is going from strength to strength. Not content with tackling isolation and sharing skills, Nimble Fingers & Board Games is bringing joy to so many more! Project participants are busily making cardigans, booties, hats and bonding squares for premature babies and their mums to share each other's scents; woolly hats for homeless people and refugees, knitted Easter chicks, and twiddle muffs to help people suffering with dementia. If you're looking for somewhere to socialise where you can learn to knit, crochet or embroider, or if you simply wish to play board games, join them Wednesdays, 2pm to 4pm at Eastern Avenue Baptist Church hall.

HELP FOR LONG TERM HEALTH CONDITIONS



The Health & Wellbeing Coordinator Service is a new NHS service for people living with a long term condition. These include diabetes, hypertension and arthritis, and about 15 million people in England are affected. The new service can help people build self-confidence to better manage their health, make positive lifestyle changes and access other support. For appointments in Marks Gate or Chadwell Heath call 07935 518 660 or 07864 625 404.

NEW ACTIVITIES

Looking for something fun to keep the kids occupied? Feeling lonely and want to make new friends? Looking for a new way to keep fit? Or are you a young person searching for a creative opportunity to showcase your skills? Read on...

At St Mark's Church Centre, Rose Lane, Marks Gate RM6 5NR:

- **Community Coffee Morning - 10am-11.30am monthly on a Tuesday - 20 March, 17 April, 22 May, 12 June and 17 July**
- **Free breakfasts for children - 10am-12pm Monday to Friday during school holidays, starting Tuesday 3 April**
- **Stav's Street Fit exercise for adults - 9.15am-10am Thursdays, starting 19 April. £2 per session. Children are welcome with their parent/carer**

At Marks Gate Community Centre, Rose Lane RM6 5NJ:

- **Make cakes and meet new people - 9am-11am Thursdays, starting 19 April**
- **Community Zumba fun day for adults and children - 10.30am-12.30pm, Thursday 12 April. Includes refreshments**
- **IT Fun Cafe - computer help for adults, 9.30am-10.30am Thursdays, starting 19 April in the IT room**

At Eastern Avenue Baptist Church hall, East Road RM6 6YJ:

- **IT Fun Cafe - IT help for adults, 10am-11am Tuesdays starting 17 April, and enjoy refreshments and board games with Coffee Stop 10am-12pm**

SIGN UP! Call 07419 285 839 or email nmsworker17@gmail.com for:

- **Football in Tantony Green - under 9s and under 14s**
- **Women's support group - building healthy not hurtful relationships**
- **Street Dance - ages 8-11 and 12-16**

OTHER DATES TO REMEMBER

- **MONDAY 26 MARCH, 9am:** Dragon's Den grant applications open
- **MONDAY 23 APRIL, 5pm:** Deadline for Dragon's Den applications
- **WEDNESDAY 13 JUNE, 2pm-5.30pm:**

Dragon's Den community voting event,
Mark's Gate Community Centre

- **FRIDAY 15 JUNE, 1pm-2.30pm:**
Dragon's Den community voting event,
Eastern Avenue Baptist Church hall



**Want to sign up for activities
or to get in touch with NMS?**

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