


















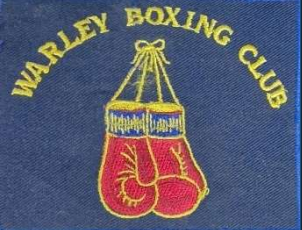












# Small Grant Recovery Projects 2023

The nine projects granted up to £10k to work with the recovery community in Sandwell from July 2023 to March 2024

	<p align="center"><u><a href="#">AFSCS - Recovery Support Program</a></u></p> <p>This project aims at engaging service users into positive activities likely to divert them from relapsing. The following activities are designed to divert participants from drug or alcohol addiction and to engage them into healthy and positive activities:</p> <ul style="list-style-type: none"> <li>• Employment support to become economically active</li> <li>• Welfare support to move on into independent accommodation, white goods, furniture, and benefits supports.</li> <li>• Volunteering opportunities on projects for to be more involved in the community.</li> </ul>	    	<p>84A High Street Smethwick B66 1AQ</p> <p>0121 260 5845</p> <p><a href="mailto:houda@afscs.org.uk">houda@afscs.org.uk</a></p> <p><a href="http://www.afscs.org.uk">www.afscs.org.uk</a></p> <p><a href="https://www.facebook.com/afscsuk/">www.facebook.com/afscsuk/</a></p>
<p>The Community Link  Recovery Project Mini Café</p>	<p align="center"><u><a href="#">Cradley Heath Community Link - Recovery Café</a></u></p> <p>An opportunity to engage with the Link and local community through a community café on set days each week. Residents will be able to attend training for food safety qualifications to enable them to work within the kitchens to prepare and deliver food from within the café. Each person will be supervised while gaining experience working in the kitchen area to front of house and money handling, and within a few months gain a reference from CHCL to better place them in further local employment.</p>	   	<p>72 High Street Cradley Heath B64 5HA</p> <p>01384 861637</p> <p><a href="mailto:cradleyheathcommunitylink@gmail.com">cradleyheathcommunitylink@gmail.com</a></p> <p><a href="https://www.facebook.com/CHCLink?locale=en_GB">www.facebook.com/CHCLink?locale=en_GB</a></p>
	<p align="center"><u><a href="#">Friar Park Millennium Centre - Recovery Group</a></u></p> <p>A recovery group to support individuals accessing the Cranstoun service of that runs at the centre on: Tuesday 9.30 - 2pm; <b>Wednesday Drop in session 9.30 - 2pm</b>, and on Friday 9.30 - 2pm. We will be developing group activities with members and others who identify themselves as 'in recovery'.</p> <ul style="list-style-type: none"> <li>• Support groups meetings, being able to have a chat while relaxing with a cuppa</li> <li>• Activities will include bike rides, local walks to open spaces and canal walks</li> <li>• Team building exercises and physical activities in our large sports hall</li> <li>• Workshops to build self-esteem and work towards employment or aim of individuals</li> <li>• Volunteering opportunities within the community centre</li> <li>• Bakes – For families, individuals to gain skills in making desserts, pizza and your ideas to cook at no expense to you.</li> </ul>	    	<p>Friar Park Road Wednesbury WS10 0JS</p> <p>0121 556 0139</p> <p><a href="mailto:Leannejones32@yahoo.co.uk">Leannejones32@yahoo.co.uk</a> or <a href="mailto:fpmccentremanager@gmail.com">fpmccentremanager@gmail.com</a></p> <p><a href="https://friar-park-millennium-centre.business.site/">https://friar-park-millennium-centre.business.site/</a></p> <p><a href="https://www.facebook.com/friarparkcommunitycentre/">www.facebook.com/friarparkcommunitycentre/</a></p>

 <p><b>IDEAL FOR ALL</b></p>	<p style="text-align: center;"><u><b>Ideal 4 All – Growing Opportunities Allotment Project</b></u></p> <p>A range of activities linked to the 5-Ways-to-Wellbeing (Connect, Be Active, Learn, Notice, Give) from three Community &amp; Therapeutic garden sites in Sandwell. Learning how to prepare what you grow to eat with others.</p> <p>Encouraging and enabling people who are experiencing barriers to become more physically active, eat healthier, become better connected and less lonely/isolated – contributing to improving their general health and overall wellbeing and increased confidence and self-esteem.</p>	<p> Three sites: - Salop Drive, Smethwick, B68 9AG - Barlow Rd, Wednesbury, WS10 9QA - Malthouse, Oldbury Rd, B66 1JE</p> <p> 0121 558 5555 (option 2)</p> <p> <a href="mailto:contactifa@idealforall.co.uk">contactifa@idealforall.co.uk</a></p> <p> <a href="http://www.idealforall.co.uk/">www.idealforall.co.uk/</a></p> <p> <a href="http://www.facebook.com/idealforall">www.facebook.com/idealforall</a></p>
	<p style="text-align: center;"><u><b>Kaleidoscope+ Group - Personal Development &amp; Wellbeing Programme</b></u></p> <p>Weekly peer-led wellbeing support sessions guided by our training officer. People will be encouraged to share resources (I.T. will be provided by KPG) to support recovery.</p> <p>Examples of themes can include (but not limited to): Personal presentation; Organisation, Problem solving &amp; decision making, Teamwork, Interview skills, Presentation skills, Communication and social skills, Health and nutrition, Budgeting/Managing finances, Goal setting, Creative arts.</p> <p>In addition, we will offer open meetings for friends/family who are affected by addiction. Our aim is to end the stigma and share experience in a confidential non-judgemental environment.</p>	<p> 321 High Street West Bromwich B70 8LU</p> <p> 0121 565 5605</p> <p> <a href="mailto:info@kaleidoscopeplus.org.uk">info@kaleidoscopeplus.org.uk</a></p> <p> <a href="http://www.kaleidoscopeplus.org.uk/">www.kaleidoscopeplus.org.uk/</a></p> <p> <a href="http://www.facebook.com/kaleidoscopeplusgroup">www.facebook.com/kaleidoscopeplusgroup</a></p>
	<p style="text-align: center;"><u><b>The Salvation Army – Employment Plus Programme</b></u></p> <p>The ‘Inspirational Life Coaching’ programme to improving the health and well-being of people recovering from drug and/or alcohol misuse through the provision of positive activities, developing new skills, increasing social inclusion, and enhancing local recovery networks.</p> <ul style="list-style-type: none"> <li>• One-to-one sessions to improve general wellbeing and confidence and highlight skills</li> <li>• Building resilience through strengthening personal insights and setting realistic goals, practical help with barriers such as travel.</li> <li>• Positive activities, including walking groups, creative activities, and access to sports.</li> <li>• Looking at CVs, transferrable skills, enhancing digital skills; access to iLearn the Salvation Army online learning portal.</li> <li>• Supported signposting to community organisations to provide additional support</li> <li>• Encouraging peer-to-peer support and using 'lived experiences' to motivate and inspire.</li> <li>• EDCs act as a bridge to employment by removing barriers and supporting employers</li> <li>• Explore local volunteering opportunities and in our Charity Shops, Churches, and Café</li> </ul>	<p> Merton Close (off Pound Road) Oldbury B68 8NG.</p> <p> Dawn Tonks <a href="mailto:dawn.tonks@salvationarmy.org.uk">dawn.tonks@salvationarmy.org.uk</a> 07702940926</p> <p> Lee Horley <a href="mailto:Lee.horley@salvationarmy.org.uk">Lee.horley@salvationarmy.org.uk</a> 07702940944</p> <p> <a href="http://www.salvationarmy.org.uk/oldbury">www.salvationarmy.org.uk/oldbury</a></p> <p> <a href="http://www.facebook.com/savegrowserve">www.facebook.com/savegrowserve</a></p>

	<p><b><u>Sandwell Asian Development Association (SADA) - W.B.A Boxing Club</u></b></p> <p>This is a no-contact boxing programme for men or women with activities including skipping, bag work and conditioning training. Members will attend two sessions each week for twelve weeks, with each two-hour session being one-hour of training followed by one-hour of group support and discussion with the coach.</p> <p>Sessions will take place every Monday and Thursday from 7pm-9pm, from 2<sup>nd</sup> October 2023.</p> <p>After the programme, participants will be able to continue to use the gym and can go on to become trained as fitness trainers.</p>	<p> Alpine Gymnasium Unit F, Sams Lane West Bromwich West Midlands B70 7EG</p> <p> 07931636452</p> <p> <a href="mailto:thara2dayal@yahoo.ie">thara2dayal@yahoo.ie</a></p>
	<p><b><u>Warley Amateur Boxing Club - No-contact Boxing Program</u></b></p> <p>Participants will learn no-contact boxing for the first four months starting from basic boxing practices and progress gradually overtime. During this time, participants will build their bodies through physical exercise; improve their self-confidence and develop the commitment and love of attending regular boxing sessions. After four months, participants will decide either to carry on with no contact boxing or join others undertaking normal boxing sessions and who can engage into more boxing contact and competition. The project will be delivering two sessions of 1.5 hour per week. Informal one-to-one mentoring will be delivered if necessary, to those in need of this support.</p>	<p> Warley Rugby Club Tat Bank Road Oldbury B69 4NH</p> <p> 07976 599917</p> <p> <a href="mailto:c_cunningham9@hotmail.com">c_cunningham9@hotmail.com</a></p> <p> <a href="https://www.facebook.com/teamwarley?locale=en_GB">https://www.facebook.com/teamwarley?locale=en_GB</a></p>
	<p><b><u>West Bromwich leisure centre - Leisure Passes</u></b></p> <p>Repeating the successful take-up of last year's offer, West Bromwich Leisure Centre is again offering free Leisure Passes to Cranstoun service users. The benefits are:</p> <ul style="list-style-type: none"> <li>• Unlimited gym use</li> <li>• Unlimited pool use</li> <li>• Unlimited use of the Sauna/ Steam room for relaxation</li> <li>• Unlimited exercise classes</li> <li>• 14 days advance booking privileges</li> <li>• Up to four junior memberships added</li> <li>• Free use of Swimtag</li> <li>• Access to the Places Locker app</li> </ul>	<p> Moor Street West Bromwich B70 7AZ</p> <p> 0121 580 6430</p> <p> <a href="mailto:SarahArnold@pfpleisure.org">SarahArnold@pfpleisure.org</a></p> <p> <a href="http://www.placesleisure.org/centres/west-bromwich-leisure-centre/">www.placesleisure.org/centres/west-bromwich-leisure-centre/</a></p> <p> <a href="https://www.facebook.com/westbromwichleisurecentre/?locale=en_GB">www.facebook.com/westbromwichleisurecentre/?locale=en_GB</a></p>