



Sandwell Community Information & Participation Service

FREE

Health for Living

FREE

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Health for living & SCIPS Parking

iSandwell

iSandwell

Click & Chat & Dates for your Diary

Are you a Community group or a Tenant and Resident group who would like your group to benefit from a range of programmes:

- Health Improvement Programme (6-8 weeks/1.5 hour sessions)
- P1** • Long Term Conditions Programme (6 weeks/1.5 hour sessions)
- Introduction to Mindfulness Course (6-8 weeks/1.5-2 hour sessions)
- Breathing Space (4 weeks/1.5 hour sessions)
- P2** • Transitions (7 weeks/1.5 hour sessions)
- Managing Emotions (6 weeks/2 hour sessions)
- Managing Anger and Frustration (9 weeks/3.5 hour sessions)

All Courses are FREE. If you are interested in arranging for a Self Help coach to attend one of your meetings or to find out more call 0121 558 8815.

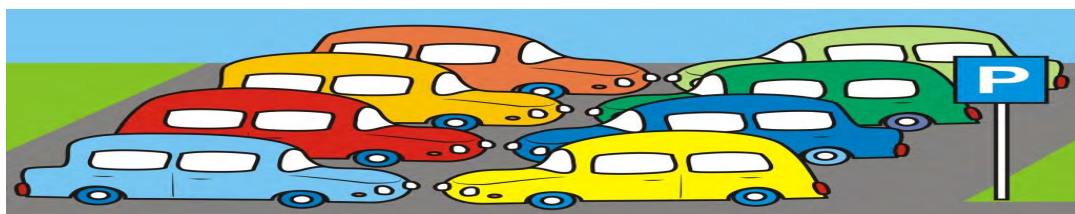
P3

SCIPS Parking

P4

As many of our members are aware Oldbury is not a good place to park when visiting us here at SCIPS and a few members have parked on the church car park. The church now has a new vicar and we have been asked to relay to our members and anyone visiting SCIPS that parking is not permitted on the church car park.

Thank you for you co-operation with this matter.



Remember

iSandwell, the digital innovation project that you own!

Making sure the community has a say in Local Government decisions is really important and even more in regards to running digital development projects such as iSandwell.

iSandwell is a collaborative project between Sandwell Council, community organisations and residents that looks to encourage the use of digital in the region using innovation and community development activities. A project that looks to improve digital confidence in the Sandwell area. This could be helping more people get online, educating people on what you can get out of digital and helping community groups to use digital to promote their great work.

Most importantly we want to make sure the project is actually useful to the people that live in Sandwell and that's why in this period of the project we are concentrating on consultation.

We have been busy running a bunch of iSandwell Roadshows surveying people to ensure their thoughts are documented to influence the project - If you would like to answer the questions we asked the public, you can do so [here](#).

iSandwell currently has 50 Digital Champions who are volunteering on the project in some capacity, from bloggers who are working remotely in their own time to physical mentoring. They are already churning out some amazing content from advice articles, blogs and videos which you can see on the website.

The platform is a wonderful opportunity to snapshot all of the fantastic work being carried out and present it in one place to showcase the area. We want you to tell us how great you are and support you to improve your digital impact. It is funded by Sandwell Council and you can access a range of free tools, workshops and training for free.

So, if you are interested in learning more about social innovation, gaining some tailored training that will help your group create more impact online or you are a local resident who is interested in becoming a Digital Champion, you can find everything you need at www.isandwell.org.uk but if you have a question you can talk to Nathan on ournewunion@gmail.com.

The world is fast becoming digitalised, from the way we do our shopping, looking for work to how we pay our bills. The internet and technology has made our lives faster but we believe it can also be an attribute to making our lives better in sandwell and be able to influence decisions.

This project belongs to you and the people you support so we urge you to take the reigns, drive it to where you think it should be heading and take ownership.

iSandwell steering group



iSandwell Wednesbury



iSandwell Oldbury

CLICK & CHAT SESSIONS..... IT Support



**Tuesday 14th November 2017
&
Tuesday 16th January 2018
10:30am-12:30am**



**TEA &
COFFEE**

**COME ALONG TO:
SCIPS, Ground Floor, Christ Church,
Birmingham Street, Oldbury
4DY**

**FREE
PLACES**

B69

Please call: **0121 544 1230** or email: Helena@scips.org.uk if you require any Information regarding these sessions or if you would like to book on.

DATES FOR YOUR DIARY **GENERAL MEETING DATES**

Tuesday 21st November 2017 @ 10:30am-12:30pm

SCIPS AGM—Saturday 24th March 2018

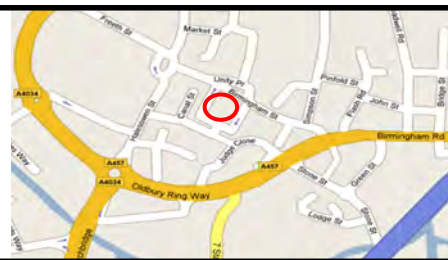
Please put these dates in your diaries, remember if you are unable to attend please pass on your apologies to the office.

If you have any suggestions for future speakers please let Helena know either at the meeting or on **0121 544 1230**.

Sandwell Community Information & Participation Service Ltd



Ground Floor
Christ Church
Birmingham Street
Oldbury
West Midlands
B69 4DY



SCIPS is a registered charity no 1097702. If you would like to find out more about us and the work we are involved in, please visit our website at www.scips.org.uk

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