

OUR COMMUNITY PAGE

EMPOWERING

ENABLING

WELCOMING

QUALITY



We exist to make meaningful connections with people in the community in order to empower, enable, involve and build up individuals and families, in doing so, demonstrating our Christian faith and God's love



AWESOME!

WELCOME TO OUR 3RD JAM PACKED EDITION OF "OUR COMMUNITY PAGE"

In October/ November, our team attended some budgeting and cost of living training to help us in supporting people local people. We explored money-saving tips to help families in these financially-testing times and methods to help people keep on top of their income and outgoings. Thank you to Citizens Advice Bureau for facilitating these sessions, we look forward to putting it all into practice during our new Welcoming Spaces project. If you require any support regarding budgeting or the cost of living, please do drop-in, we are open **Monday 11am-2pm, Tuesday 10am-2pm and Wednesday 10am-2pm.**

WELCOME TO THE SUPPORTING SANDWELL INFORMATION HUB



WWW.SANDWELL.GOV.UK/SUPPORTINGSANDWELL

Fun Facts for our Activity Weeks 2023.

Number of children engaged 70

Number of new families using the service 26

Meet Chelsea



Hi everyone, for those that don't already know me, I'm Chelsea and have worked at the Gap for about 8/9 years. My main role over the years has been within the play team doing various activities and projects along with the general running of BSC, OOSC and Activity weeks. I love the outdoors, wildlife, food and travel. My favourite activities within the wrap around care have to be messy play and campfires (Apologies to the parents and anyone who helps with the clean-up).

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Activity weeks..

Firstly, I would like to say a big thank you to all families that have booked in and supported our activity weeks over the last 12 months. Children have taken part in many themes over the year including some of our favourites; Ready steady cook, Let's get messy, Let's go green and Let's get involved. This year was a time for many firsts and new experiences for the playscheme and some of the children. Children were taken to a local supermarket where they picked their own ingredients to cook recipes made/chosen by them, we also had fun using the bus to Jasmine road and Walsall arboretum and braved Birmingham on the tram to visit the Police museum.

As some of you know almost all of our activity weeks were fully booked, so if you want to ensure a space for next holiday keep a look out on our bookings!



FUN FACTS FOR OUR ACTIVITY WEEKS 2023.

NUMBER OF DELIVERY DAYS

52

NUMBER OF DELIVERY

HOURS 520

SIGNIFICANT TRIPS 6

SPACES FILLED 863



SEMH Sessions

Since September, we have also introduced SEMH (Social, Emotional and Mental Health) sessions, funded by Comic Relief. These sessions run alongside the After School Provision on Mondays and Tuesdays. In these sessions children are given the opportunity for 1-2-1 support and tools to support them with their social, emotional responses and general wellbeing as well as building up confidence in a supportive and friendly play environment.

Parent comment "My son has really enjoyed the new experience of these therapeutic sessions and always looks forward to the next one. He has been able to share and discuss his feelings in a safe place with friends and is developing methods of dealing with any negative emotions as well as discovering more about himself."

Childrens comments "The group has helped me with confidence and talking about my feelings" "I talk to my mom and friend about my feelings more since being in the group"

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FROM JULY – SEPT
2023 WE HAVE
SERVED 846 MEALS
TO CHILDREN AND
OUR LOCAL
COMMUNITY



The Westminster
School

Just before the much-anticipated October half-term, The Westminster School held a Future Expos event, an amazing networking opportunity for SEND students to explore their future choices and for any agencies supporting these young people to familiarise themselves with other provisions available. We always look forward to these events and this year other local SEND schools were invited along too.

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Kirsty and Josh, a student from Westminster showing off his cooking skills



Kirsty and Chelsea talking to parents, students and other agencies about "Discover yourself through cooking"

After the busy Summer period, 'Discover yourself through Cooking' resumed for the new academic year, offering students the chance to learn some new cookery skills in our kitchen, building relationships along the way. We are currently working with students from Westminster (SEND) school/college to deliver these sessions and are in discussions with another school (Brades) to see how we can support some of their students with crucial life-skills. We also had some brilliant news regarding a former graduate of 'Discover Yourself' who has successfully sought a work experience placement in the catering industry!



Fun Facts for our Family Day.

13 Volunteers Engaged
50hrs of volunteering hours.

45 local community members visited.
over 60 BBQ meals Served.

Our Community!

September, we celebrated the Mayor's Community Weekend by holding a Family Fun Day for local people and families' enjoyment. Thanks to the Lottery Community Fund we were able to provide fun activities and games, a yummy BBQ and a singer with the aim of helping people to connect with others in their community and celebrate their local area together. Thank you again to all of our volunteers that supported us at the event!

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Our Charity desperately needs your support to help us continue our vital service. Please consider donating on a regular basis.

Contact
Andrew@thegaponline.org

Our Family Fun Day!

Our Community Page



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DATE INFORMATION

Our Community!

Our Community is a monthly meeting held at The Gap where we invite any local people to come and discuss local issues, and to have a say in how their community centre is run. This is also where we all plan the social activities and community trips and divide up volunteer roles for upcoming events.

The community's voice is vital in how we operate at The Gap. Occasionally we invite guests along to connect with the community; last month Maxine Burrows (Strategic lead for Family Hubs) from Sandwell Council came along to speak about local family centres and on the 6th December we will have a guest speaker from Co-op in to discuss wills, inheritance etc.

Let me introduce Heather, a new-ish member to our community. Heather started coming to our community meals, then stayed for Our Community Space, and more recently has started to help with fundraising events and wherever she can help out. Our Community Space values individual community members like Heather, and gives them a voice

🧐 what does the Gap mean to me?

After being in a dark fog for four years due to double cataracts and not being able to have them done for two years because of the pandemic, then losing my brother Chris last year who was my constant companion, I was introduced to the Gap

There I met who have since become my second family, although my health is 100%, my physical abilities are not and so I depend on the Gap for at least two meals a week. My confidence in myself has grown so much since becoming a member of the Gap over the past eighteen months that I don't need to feel 'on my own'. I would be lost without my Gap

Family.

Staff are amazing with so much empathy for people who need support.

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Check out our new
look website
www.thegaponline.org

Our Community!

Winter is well and truly on it's way, and whilst work on our allotment has slowed down somewhat, we will be busy in the upcoming weeks planting for Springtime. This year saw us have an abundance of potatoes that were used in our community meals and after-school provision but we are excited to grow some new crops including onions and herbs.

So if you have any growing expertise or would like to spare a couple of hours to help out please let us know.

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Making meaningful Connections

OUR VISION IS TO
BUILDING A
FLAGSHIP
CHRISTIAN
FAMILY CENTRE



Thank you to Kirsty, Chelsea and Heather for their contribution to this Edition of our Newsletter.

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Telephone: 0121 525 4442

Visit: www.thegaponline.org
or follow us on Facebook

www.facebook.com/groups/656257099280983

