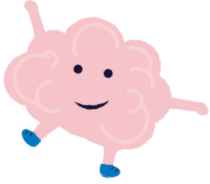


SAM Newsletter

The latest updates related to Solihull Active Minds

If we connect our partners,
Then we can begin to mutually understand each other and build on the strengths of each partner
Because the system wants to improve the health and wellbeing of residents



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What is SAM?

SAM (Solihull Active Minds) has been funded through the Sport England Commonwealth Active Communities Fund to deliver; 'A community wellness programme that is seeking to use the inspiration of the Commonwealth Games to help people with poorer mental health to be more active through an integrated mental health and physical activity pathway.'

Our aim is to:

- Improve knowledge of where to take part in physical activity and sport
- Reduce physical inactivity of people experiencing deprivation
- Improve the mental health of residents
- Promote sustainable and active travel to help create a cleaner environment
- Get more people using places and spaces such as parks, canals, cycle paths, streets and pitches
- Encourage people to have pride of their local space and area
- Develop new and local partnerships between organisations
- Develop recognition across the whole system of the values physical activity has on improving mental health

New Brand Revealed

SAM, an acronym for Solihull Active Minds was born from a robust and inclusive consultation process that explored what the project is, what it should be, and what the community resonated with, throughout the process. We explored over 75 possible names for the project, which was guided by a comprehensive research and consultation process with the project team, partners and the community.

The name SAM, works for the project on many levels. It is open, and inclusive. It's easy to remember and succinct.

Being a name for a person, of any gender, makes it more warm and relatable. This also makes it more personable in activation - 'SAM says', 'Approved by SAM', 'Proud partner or SAM'.

To find out more about our SAM brand visit [Solihull on the Move](#)



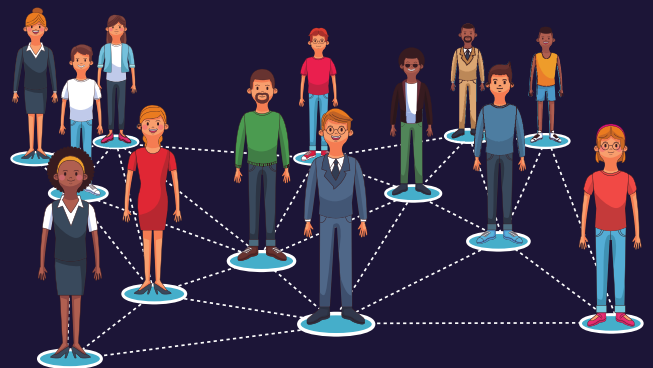
Date confirmed for the SAM network event

On the 27th March SAM will welcome partners and stakeholders to The Junction, Chelmsley Wood to share our journey so far and explore exciting opportunities moving forward.

Date: 27th March

Time: 09:30 - 13:30 (lunch included)

Location: Colebridge Trust Junction, 100 Chapelhouse Road, Chelmsley Wood, Birmingham, B37 5HA



[Register HERE](#)

Launch of System Solutions process to support groups in Solihull

Systems solutions refers to a grant process which seeks to challenge traditional funding and application methods and provide a more accessible process that will allow organisations to apply for funding who have previously been unable to acquire it.

The Grants

Grants will be between £100-£1,000.

- Up to £1,000 to constituted groups or:
- £100 to community groups or individuals for locally based activities in Solihull

Larger grants will be considered at the later stages of our systems solutions process.

Eligibility

You can apply for this fund if:

- You are a group or organisation where the majority of participants are residents of Solihull
- You are able to provide opportunities that promote sport, physical activity and improving mental health.

Groups can still apply if they are not a constituted group or don't have a bank account, however this would be subject to them receiving support from our governance group to manage the grant.

What we won't fund

- Staff costs
- Promotion of religious or political activities but we will fund activities in faith-based settings in line with the aims and the success criteria
- Contribution to endowment fund, payment of deficit funding or repayment of loans
- Animal welfare, unless the project benefits people
- Statutory work in educational institutions
- Sponsored or fundraising events or groups raising funds to distribute to other causes
- Commercial entities

Applications can be submitted by video, WhatsApp, Email, Meetings, Phone Call or forms. For more information on how to apply visit [Solihull on the Move](#)

How can you support SAM?

To ensure that commitment continues beyond the funding we are asking that you and your organisation take personal accountability for supporting the continuation of the integrated pathway.

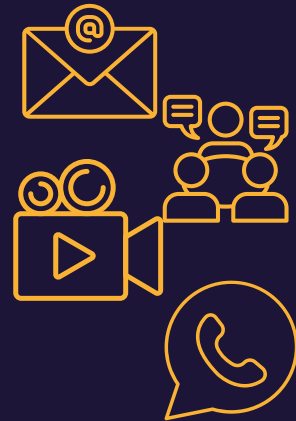
This can be achieved by ensuring that you continue to communicate and build relationships with partners across sectors. Continued use of the brand will promote your commitment to both residents and organisations and help spark those initial conversations.

As a partner of SAM:

If you continue to connect with partners,

Then we can continue to mutually understand each other and build on the strengths of each partner,

Because the system wants to improve the health and wellbeing of residents.



For more information or to apply for a grant contact the Programme Manager:

Email: nathan.smith@solihull.gov.uk Telephone: 07741386575

Website: <https://solihullonthemove.co.uk/get-support-to-be-active/sam/>