

# 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



## In this issue

Orange Button  
Community Scheme

System Solutions  
Grants Update

Community Panel:  
Call Out for New  
Members

New Government  
Strategies:  
Update

Where to find  
more information

How can you  
support SAM?

## Orange Button Scheme Launched in Solihull

To support World Suicide Prevention Day, Solihull and Birmingham Councils have recently launched The Orange Button Community Scheme.

This is a way of identifying people that have undertaken suicide prevention training. Wearing the button indicates that they have the confidence to talk to others about suicide.

It is a way of showing people in your community who are having thoughts of suicide, or are worried that someone else might be that you are:

- Comfortable to say/hear the word suicide
- Can listen without judgement
- Can let people know where to find help and support

To become an Orange Button badge holder people need to have completed the Quality Assured training course.

The Orange Button Community Scheme training is fully funded across Solihull and Birmingham.

Details on the scheme and how to access the training can be found on Solihull Council's [Orange Button scheme webpage](#).

# System Solutions Grants Update

We've had a great response from local organisations and individuals applying to our System Solutions grants scheme for funding to support the provision of opportunities that promote physical activity and improving mental health for local communities in Solihull.

While we made some minor changes to the application process, we temporarily closed the scheme to new applications, but we'll be reopening in mid-October, so get planning your projects!

We offer funding of up to £1,000 to constituted groups or up to £100 to community groups or individuals. Your proposed project must have a clear link to helping improve the mental health of Solihull residents through physical activity.

If you have any questions, or need support with your application, please contact Solihull Council's Community Development Team.

[ben.turner@solihull.gov.uk](mailto:ben.turner@solihull.gov.uk) / 07435 950708



## Community Panel

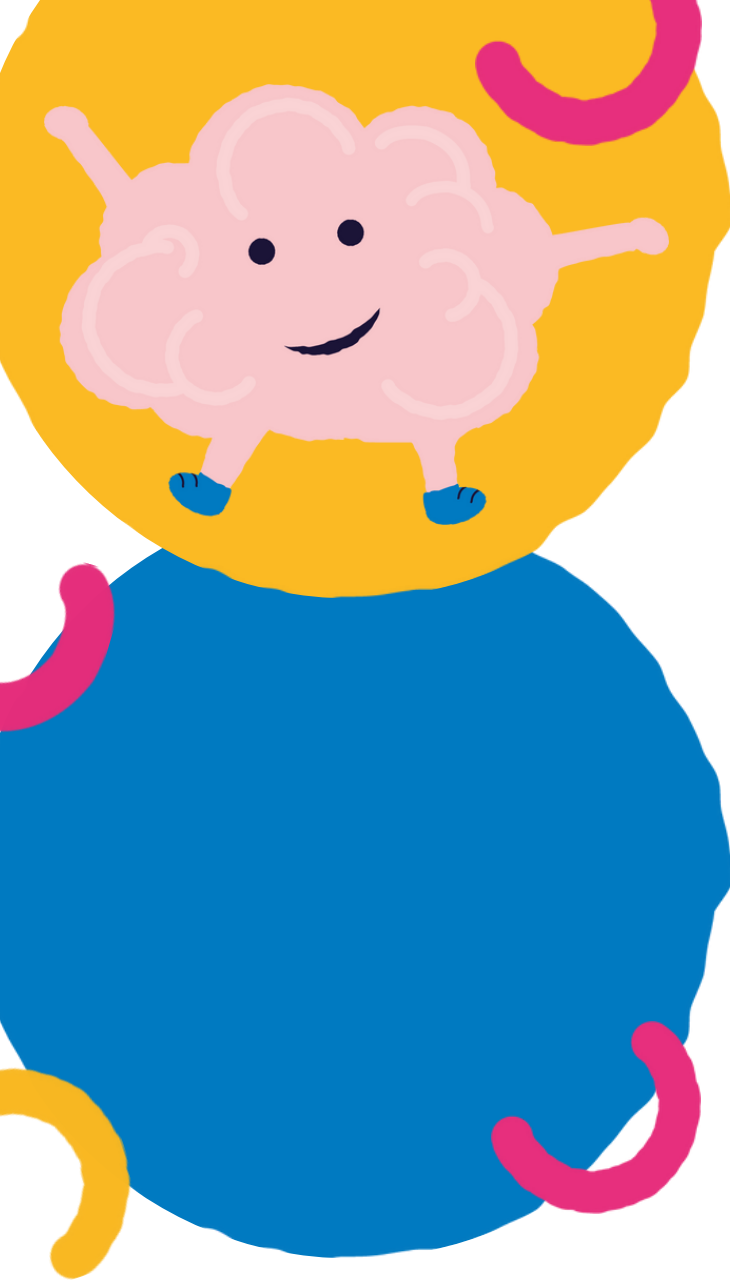
We're looking for new members of our Community Panel.

Are you a Solihull resident? Could you spare a couple of hours per month? Do you have lived experience of physical activity, mental health, and the links between them? Would you like to help influence the types of opportunities to improve the mental wellbeing and physical activity of Solihull residents that are available?

If so, we'd like you to join our Community Panel. The Panel meet virtually every month to review and comment on applications to our System Solutions grant scheme, helping us to shape and prioritise the activities we support.

If this sounds like something you'd be interested in, please contact Ben Turner from Solihull Council's Community Development Team.  
[ben.turner@solihull.gov.uk](mailto:ben.turner@solihull.gov.uk) / 07435 950708





# NEW GOVERNMENT STRATEGIES ON PHYSICAL ACTIVITY AND SUICIDE PREVENTION.

The UK Government has recently published two new strategies linked to the SAM projects key priorities of improving the mental health and wellbeing of residents through physical activity.

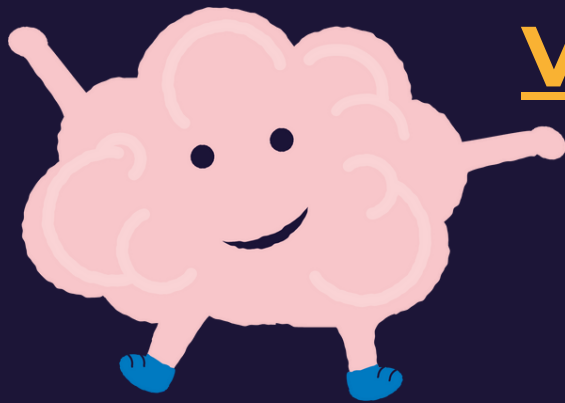
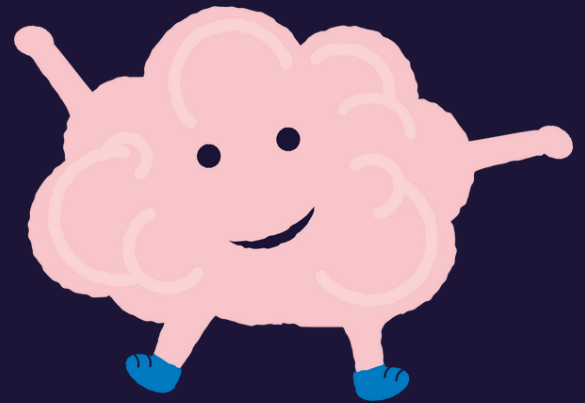
The Suicide Prevention 5-year cross sector strategy outlines how the Government plan to reduce the number of lives lost to suicide. It recognises the crucial work done in this area by the voluntary, community and social enterprise (VCSE) sector and outlines a new £10 million VCSE Suicide Prevention Grant Fund to assist in the delivery of suicide prevention activity. You can find out more here: [Suicide prevention in England: 5-year cross-sector strategy - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/671122/Suicide_prevention_in_England_5-year_cross-sector_strategy_-_GOV.UK.pdf).

'Get Active' is the new strategy for the future of sport and physical activity, and outlines how the Government plans to help build a healthier nation by tackling high levels of inactivity, and by making sure that the sport and physical activity sector thrives for future generations. You can find out more here: [Get Active: A Strategy for the future of sport and physical activity \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/671122/Get_Active_A_Strategy_for_the_future_of_sport_and_physical_activity.pdf).

# Where to find more information

Please visit the Solihull on the Move website where you can find out more about:

- What is SAM
- Our vision
- Who are our partners
- What we are trying to achieve
- System Solutions grant opportunities
- Brand, visual identity and access to our brand pack



**VISIT HERE**

## How can you support SAM?

We want to continue the impact of SAM beyond the period of our project's funding.

To help achieve this we are asking all our supporters and partners to continue to communicate and build relationships with cross-sector stakeholders.

Please use the SAM [Brand Pack](#) to promote your commitment to help residents with poorer mental health to become more active, and help spark those initial conversations with other organisations working towards the same goal.

**As a supporter 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 on SAM or to access grant documents visit:  
<https://solihullonthemove.co.uk/get-support-to-be-active/sam/>