



BNFCC NEWSLETTER

Blakelaw and North Fenham Community Council

SPRING 2022

Blakelaw and North Fenham Community Council Whitby Bus Trip - Saturday 21st May 2022

Blakelaw and North Fenham Community Council are pleased to announce that the buses are booked for our long awaited trip to Whitby on the Saturday 21st May 2022.

We will be leaving from Farmfoods car park, Binswood Ave at 8am and following a fun packed day in Whitby we will be heading for home at around 5.30pm. (please do not leave your vehicles parked at Farmfoods car park when we are at Whitby).

As ever, there'll be bingo, a quiz, a free raffle ticket for each person and lots of things to keep the kids busy.

This year tickets will be priced at £3 per seat and available to residents who live within the Parish boundary, if you are unsure about whether you live within the Parish boundary please contact us and we can advise. (Tickets are for Blakelaw and North Fenham residents only).

Tickets can be ordered and paid for online via our Eventbrite page For those residents who don't have access to Eventbrite, tickets can be collect on 14 April between 5pm and 6pm, please book ticket for collects by emailing: bnfcc@outlook.com or calling: **07588154441**



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Blakelaw and North Fenham Community Council



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Helen Richardson, Community Council Clerk
Email: bnfcc@outlook.com

Community Councillors support residents' mental health

In 2019 Blakelaw and North Fenham Community Council recognised that there was a need for a mental health project in our local area. Firstly, we signed up for "Time to change" campaign. We then began to share information with residents about local organisations that could offer support.

Our first priority was to increase our own knowledge and awareness and 5 members of the Community Council successfully completed and achieved the Mental Health First Aider Course (MHFA). This course gave us the confidence to step in, reassure and support residents. We did this by offering monthly drop in sessions and meeting with individual residents.

Our next stage of the project was to explore Wellbeing and supporting residents further. We invited MARO Personal Development along to our development day to give an overview on Wellbeing Coaching as this seemed the next progression from our MHFA course. A number of the Councillors and residents undertook the Free Introduction to Wellbeing Coaching which give overview of subject matter. Following on from the course the feedback was good which led us to explore further development opportunities in this area of work.

We continued to offer support during the pandemic although this did look very different, we sent information leaflets to residents' homes, regularly updated our website and social media platforms

and supported many residents by telephone. Some Councillors even did a little shopping for some residents or had a socially distanced door step chat.

In June 2021 Community Councillors enrolled on the 6-week online Foundation in Community Wellbeing accredited course. We found the modules useful and relevant to the community such as Wellbeing in the Community and Behaviour Change for Wellbeing. We have a number of ideas which we are keen to take forward such as Community focused workshops, Drop in Wellbeing Sessions and for some Councillors to undertake the Certificate in Wellbeing and become Community wellbeing coaches.

One of our goals is to develop a network of Community Wellbeing Coaches made up of residents and Community Councillors to support residents in our local area not only on issues relating to mental health but other issues also.

We recognise that we need to continue our work especially as we are now facing the after effect of the pandemic as the need is greater than ever! We are planning an evening fund raising event in the summer to raise money for the mental health charity 'Mind'.

If you would any further information about our Mental Health and Wellbeing Coaching project please contact Cllr John Wears by email at john.wears.bnfcc@gmail.com

We Stand With Ukraine

Blakelaw and North Fenham Community Council and the residents of Moorland House have offered their Community Room as a collection point.

All donated items will to be dropped off at the at the Polish Centre in Newcastle to be distributed.

If you wish to donate any items please drop them at the Community Room, Moorland House, Blakelaw every Monday between 10am and 2pm or 5pm and 7pm starting Monday 14 March. We will then work with the Polish Centre to organise distribution.

List of required items (based on information from aid providers):

- **Personal hygiene products**
- **Medical supplies**
- **Food items**
- **Clothing in different sizes**

Unfortunately, we are not able to accept used clothing.

The community Council would like to thank you in advance for your support. Why not bring your children along to Moorland house to draw and colour a picture for the children of Ukraine.



Older Person's Project

Blakelaw and North Fenham Community Council recently undertook a resident's survey to gather the opinion of as many residents from within the Parish area and ask them what they would like to see the Community Council support in the coming year.

There were many brilliant ideas but one topic came through as being close to the hearts of many residents. These suggestions were more activities in the area for older people.

With this in mind Blakelaw and North Fenham Community Council would like one of their projects this year to be a project that reaches as many of our older residents as possible to help provide support and activities for those within the Blakelaw and North Fenham area.

To enable us to do this the Community Council plan on holding a coffee morning to gather further ideas and consult on the type of support and activities that our older residents feel they would benefit from. This could be anything from a regular coffee morning, to a knit N knatter or even having a guest speaker come and talk to the to the group about a variety of different topics.

If you would like to come and share your ideas and are interested in being involved in the planning, please come along and join us for a cuppa and some cake on 30th April 10-1pm. If this date is not convenient for you please contact either with John Wears, Chair on john.wears.bnfcc@gmail.com tel. 0770863477 or Helen Richardson, Clerk on bnfcc@outlook.com tel. 07588154441

Cllr John Wears (older persons project lead)

Older Person's Advice Search

Supporting older people in the west of Newcastle

SearchNewcastle are a local charity who support older people and their carers through offering advice, guidance and activities to help combat social isolation.

The charity are running a Coffee morning and Hub at the Blakelaw

Community Centre every Tuesday between 10:00 and 14:00 offering a drop-in advice service from 11:30 to help with welfare benefits, energy bills and general enquiries for older people.

Please call in for a cuppa and a chat and find out what else is going on.