

ST ALBANS COMMUNITY
ASSOCIATION

ANNUAL REPORT



APRIL 2022 - MARCH 2023



REGISTERED CHARITY NUMBER: 1122405
COMPANY NUMBER: 06354930

OUR VISION...

... Is for a community in which all are valued and respected and have access to the information, support and quality services they need.



OUR MISSION...

... Is to be an asset to the local community by providing access to inclusive and supportive services.

OUR VALUES...

... Are honesty & integrity, dignity & respect, commitment to excellence and transparency & openness.



INTRODUCTION



St Albans Community Association was founded back in 1983 by Pat Ryan and Beryl Chandler, who were committed to supporting the local community. Growing considerably since those early days we now offer more services than ever before.

We pride ourselves on the warm, welcoming place with friendly, empathetic and passionate staff. We offer support to local people through our many services.

We are incredibly grateful to the people who enable us to provide this service, with funding coming from the local authority, individual grants, donations, and service charges.

“ I love it here! I don't know what I would do without my clubs' days they keep me going and give me something to look forward to. I've made a best friend and I look forward to our weekly get together at our club.”

CHAIR'S REPORT

ROBERT EVETTS

A year of ups and downs, we are keen to get started on building works for the proposed extension and re-design of St Alban's. Fingers crossed on funding opportunities, but as always timing is critical. Mark and Steve from the design team have been superb and I thank them both.

You will no doubt be aware one of our minibuses was stolen, giving us all sorts of problems, but the Albion foundation have been a great help, allowing us the use of one of theirs whilst we wait for a new one of our own. The buses are a very costly part of our operation, and we can't perform effectively without them.

We are trying our best to operate in as business-like manner as is possible. However it is doubtful that we can be totally self-sufficient,



given the wide range of services that we provide. Therefore, external funding is still vital, and I must echo the CEO's thanks to all funder's who have helped us over recent years and hopefully will continue to do so in the future. I must also extend our appreciation to Christine Brown, whose help in the bid process is invaluable.

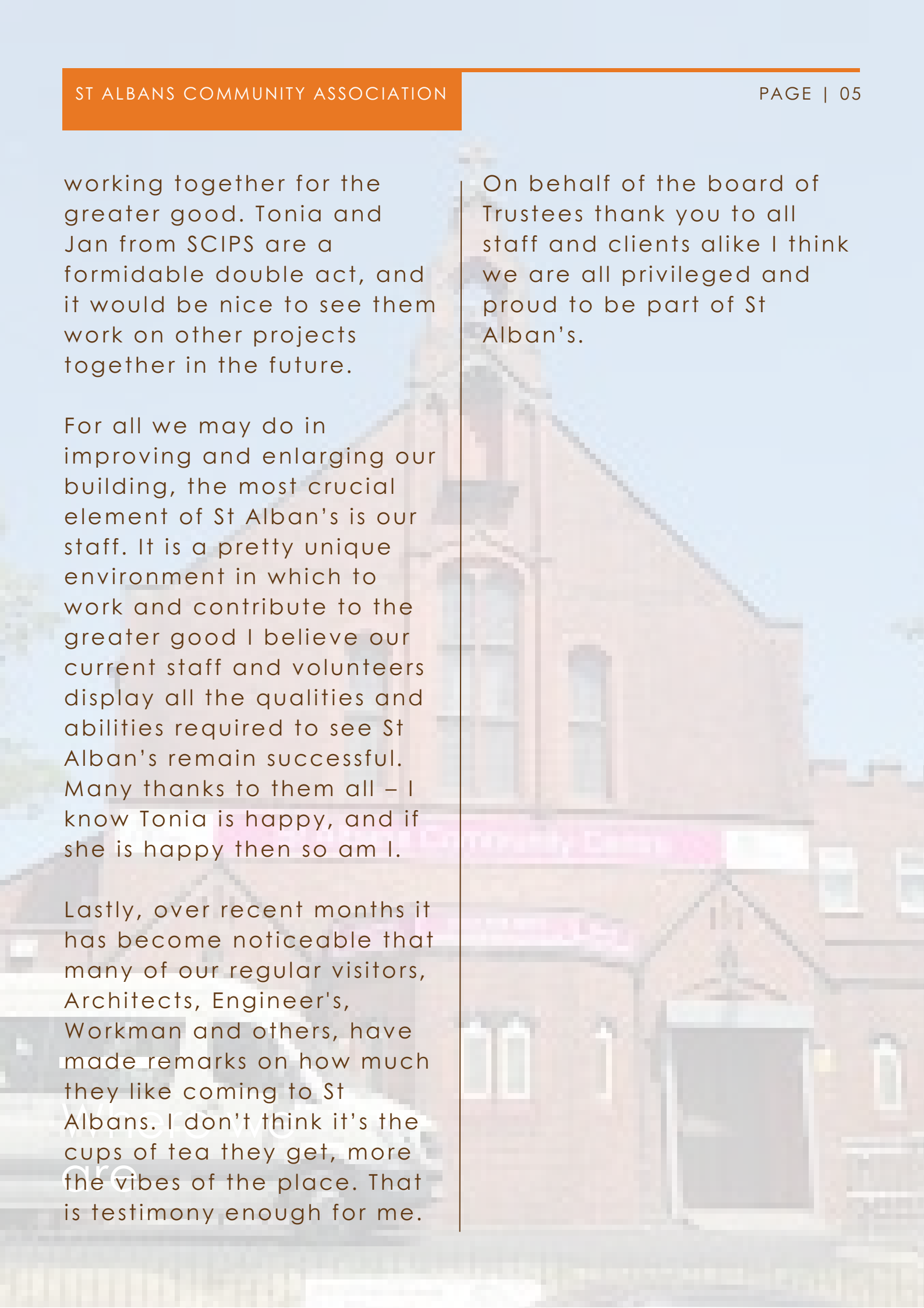
I know Tonia has mentioned our collaboration with SCIPS on the Digicom programme, but it is worth mentioning again here as an example of the voluntary sector

working together for the greater good. Tonia and Jan from SCIPS are a formidable double act, and it would be nice to see them work on other projects together in the future.

For all we may do in improving and enlarging our building, the most crucial element of St Alban's is our staff. It is a pretty unique environment in which to work and contribute to the greater good I believe our current staff and volunteers display all the qualities and abilities required to see St Alban's remain successful. Many thanks to them all – I know Tonia is happy, and if she is happy then so am I.

Lastly, over recent months it has become noticeable that many of our regular visitors, Architects, Engineer's, Workman and others, have made remarks on how much they like coming to St Alban's. I don't think it's the cups of tea they get, more the vibes of the place. That is testimony enough for me.

On behalf of the board of Trustees thank you to all staff and clients alike I think we are all privileged and proud to be part of St Alban's.



CHIEF EXECUTIVE OFFICER'S REPORT TONIA FLANNAGAN



I am so pleased to share with you all that this has been a very productive year. In our 39th year as a Charity and my 19th year of service, we are still looking at growing our assets, developing our services, and investing in our staff and volunteer team.

Although it has been a tough and busy year, working tirelessly to get our day opportunities to full capacity, I can confirm that we have improved our offer tremendously and the vision, commitment, tenacity, and optimism of many people have helped us with our aspirations to reconfigure, refurbish and extend our Community Centre. I would like to thank Mark Bryant and Steve Bastable from Mark Bryant Design who have given their time to ensure that we have been fully consulted, listened to, and taken on

board the needs of service areas which have been reflected in the future plans.

It is clear to me that the work our staff and volunteers do on a daily basis in the local area to meet local needs has had an influence on the positive way we connect with our communities and the fact that we see them as partners in what we do. They seem to have become a strong part of our DNA. There is no doubt in my mind that our foundations from the early 80s, our learning along the journey,

together with the assets we have built, will help in securing a better future for local people. Our vibrant community building, our diverse staff and volunteer team we work alongside, our services and impact should never be underestimated. But the fact is, that we continue to see our work at the Centre and in service of our community as a 'great privilege'.

To our dedicated and committed Staff and volunteers, I offer my sincere gratitude because we know first-hand that working at St Albans is something more than a job! It is a place where we can bring our values to the fore while making a significant difference in people's lives. I want to warmly acknowledge the many community partners for their support and willingness to work with us but feel a special mention to Sandwell Community, Information and Participation Services (SCIPS) is needed. We have worked

closely with SCIPS for 3 years on a Digital Programme and this year have managed to secure a further 3 years' monies to develop and extend the offer even further than before. Thank you to Community Fund, Harborne Parish Lands Charity, Evesons Charitable Trust, Power to Change and Sandwell MBC as you have worked with us and trusted us, some investing monies year on year. We do not take the trust and confidence of our funding bodies and partners lightly. We firmly believe that it is only through working with like-minded people that deep social impact can occur. To the members of our Board, we cannot govern well without your insight and commitment to serving the Charity and the community. To our current Chairperson, Robert Evetts, and the wider Board it is a pleasure working with you and I know that the future development of the St Albans building and services are at the forefront of your minds in your deliberations and decisions.

SMETHWICK TOWN FACTS AND FIGURES



60,033 residents
2nd highest in Sandwell

41% of children in Year 6
are overweight or obese
(England = 34%)



15,680 (under 16s)
2nd highest in Sandwell



53% of children's 1st
language is not English
(England = 19%)



32% children in poverty
(England = 20%)

6,513 (over aged 65)
3rd highest in Sandwell



37,840 (aged 16 - 64)
2nd highest in Sandwell



92 crimes per
1000 people

Life Expectancy:

10.2 years
less than



13.4 years
less than English
average

English average



21% of households
in fuel poverty
(England = 11%)

27% of households
are income deprived
(England = 15%)

£159,592 average
house price
(England = £249,408)



56% ethnic
minority population
(England = 15%)

20% claiming job
seekers allowance
(England = 1%)



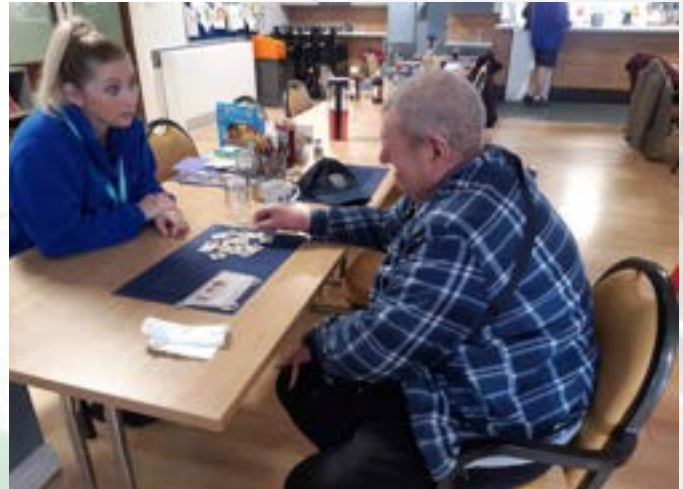
53% of Migrant
National Insurance
residences are:
Romania, Italy & India



DAY CARE OPPORTUNITIES

“Thank you so much for all your support. Dad attending club gives me peace of mind I know he is safe and looked after”

The daycentre has seen a lot of changes in the last year, and it has grown from strength to strength. Our new manager brought new structure and planning, auditing paperwork, and putting new systems in place to ensure our service runs efficiently and compliant. We have a wonderful team of experienced staff who have become confident, reliable and consistent. Shifts are planned and co-ordinated by all staff ensuring the service model has input from the whole team. We have built a small team of regular volunteers which we hope to grow. We are also taking placements from Health and Social Care students.



Our new pricing structure has been implemented and although we needed to raise our fees in the new year it was met with understanding from the majority of our clients.

Our client base has seen a lot of new faces as new referrals come in regularly, but we still have a lot of our regular clients that have been with us for years proving the longevity and quality of the service. The feedback from clients and families is mostly positive and we are responsive to any comments about the service. The team has built solid relationship with our clients and their families, and we are proud that the support we offer goes beyond the Centre.

All the individuals interact well during day centre sessions, and we have seen new friendships blossom and peer groups develop. It reaffirms the importance of this service especially to people who would otherwise be isolated.

We have developed a new schedule of activities that is reviewed monthly by the team. This gives the team a chance to be innovative and creative with what we offer. The staff ensure they get to know all the individuals that use our service, and this comes across in the excellent support they give. We still have gentle exercise, crafts, and bingo but alongside team challenges, memory and reminiscence games and sensory sessions. We strive to offer person centred support and ensure clients are offered one to one sessions as well as group activities.

We introduce clients to new technology with our interactive screens providing stimulating brain teasers and games. We have tablets available with support from staff, and our floor projector is a hit with clients using bean bags and balls to hit targets, swish the tomatoes or sweep the leaves! We have hosted themed party days throughout the year with live singers' fun and games. Although we have seen a small decline in the number of people attending, they are still popular and very much a part of our service model.

The future for our day service is positive and the number of clients is growing steadily. We have recently completed our application to become an approved provider. If successful this gives us the chance for service to reach a wider scope of people within the Sandwell community.



Sandwell Community Dementia Service

The Sandwell Community Dementia Service (SCDS) is a partner collaborative involving 9 organisations. It comprises a Service Lead, 3 FTE Dementia Navigators, and each of the 6 towns of Sandwell has a Dementia Advisor.

St Albans is responsible for supporting clients living in Smethwick, both people living with dementia and their carers/family members.

The aims of the project are:

- To increase diagnosis rates.
- To create/encourage dementia friendly communities in Sandwell.
- To support people living with dementia throughout their journey.
- To support carers and family members of people living with dementia
- To provide advice and guidance throughout the journey.

- To refer and/or signpost people to relevant services.
- To provide a single point of contact for people within the service.

The service has been live since August 2021 and we currently have a caseload of 156 clients for Smethwick. These clients can be at various stages, and some require more support than others. The same can also be true of the carers with some of them struggling more than others due to work commitments, young children/grandchildren, money pressures from having to leave work or cut hours etc.

The feedback about our service has been excellent with several people thanking us for the support we have given, showing lots of appreciation including comments such as:

Tammy, I would just like to say a massive thank you for your continued support: Your phone calls, suggestions, emails and advice about mum and what her next steps are. I am just amazed by your skills and what you know. Not to mention your empathy and care. Thanks for walking our journey with us. What an amazing service.
Many thanks. Paula

Thanks for always taking time out of your busy schedule to have a chat. Xxx”



“It was a great relief. when Kath came to help us”



“Kath's fantastic!, worth her weight in gold, she understands how you feel”



The Digicomm programme is a joint project in partnership with SCIPS. The project is about getting people digitally connected and improving their digital skills. We received 3 years funding from the National Lottery ending May this year. The aim of our programme was to allow people to access the support needed, learn how to use emails, book online appointments etc. Whilst SCIPS delivered group sessions to Tenant and Residents Association and the general public, our element of the project was to focus on older people age 55+ living in Sandwell to give the opportunity to loan a tablet with a 4G internet connection for up to 6 months, provide lessons for 3 months to teach people how to use the device. If they were happy and wished to continue using the knowledge and skills gained, we could look at the cost of internet to their property and the cost of a device

providing an understanding of what options they have for sustainability.

If people had their own devices (i.e. laptops) we offered 3 months support for this instead. This project has been very successful despite some of the difficulties in delivering 1-2-1 support and with the client group having additional difficulties such as visual impairments, hearing loss, memory issues and more.

We have received lots of excellent feedback including "Sessions are very good and I feel I am learning quite a bit". and "Mum's mood has really improved since lending a tablet" "Had fun and enjoyed it"

In the last year we have worked with 36 clients both individually and in small groups. We have held group classes in 4 residential settings within Sandwell. We have worked with over 70 clients within our day opportunities, offering the experience of using a digital platform to encourage those living with dementia to use the memory games and other apps to maintain or even improve cognitive function and fine motor skills.



The Community Offer was set up in March 2020 following consultation with local providers to create a stronger Sandwell by offering a 3-year funded initiative to support the needs of the community and ensure that people aged 18+ live safe, independent, and healthy lives. The aim of the project is to provide information, advice, guidance and low level practical support to meet individual needs. In March this year, the project was extended for a further 12 months to continue the delivery of the local based offer whereby the outreach element has enabled life changing transformations for some people.

"Can I just feedback how amazing the Community Offer is. This is more than we could do and you have such a quick and cohesive approach."

From the commencement of the project to date, we have supported 1081 individual referrals. Repeat referrals are not included in this number. Across the 6 towns, the project has supported 3730 which means that Smethwick supported 29% of the total number of referrals generated. We have always taken a proactive approach towards networking and the generation of referrals and have built up excellent relationships with local organisations to include local foodbanks, pantries, primary and secondary schools DSL and family support workers, social prescribers, ASC, Sandwell Childrens Trust, Safeguarding Leads, local Housing Officers, community centres, WMFS and PSOs to name a few.

By working cohesively and sharing information with referral organisations, this has led us to achieving increased positive outcomes for the people we support in a far timelier manner. We have seen a significant increase in the number of home and community support visits, an increase of 39% from the previous year, which reinforces the need for the outreach element of the project.

"Thank you for working so quickly on this referral. I had tried many organisations to help get this client the support she needed and kept hitting a brick wall. You went above and beyond to support this client and even though there was a language barrier this did not faze the Community Offer staff. The support you have provided was quick and effective and very much appreciated."

"Excellent service. I feel supported knowing I can make referrals to an organisation with specialist fields knowledge."

"I always get excellent feedback from patients that have been referred into the service and can see the tangible positive difference the team makes to patients' lives. Jita Toor, Social Prescriber"

As a team of Community Navigators, we spend time with each person to carry out a needs assessment to fully understand what support people require to make informed decisions about what is important to them. We have rehoused people into suitable accommodation, supported an increased number of clients to navigate Sandwell Housing Solutions portal and eviction process, referred clients to mental health organisations, dealt with an increased number of hoarding cases and provided support in the process of decluttering, increased people's social engagement through volunteering and attendance to local community groups,

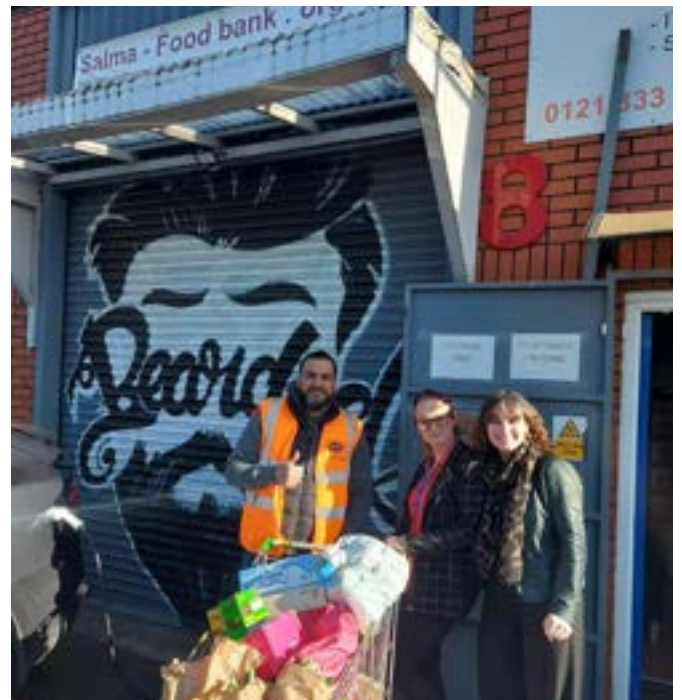


provided practical support to families in need, support with household bills, income maximisation and encouraged people to maintain their independence. The following are testimonials in which people we have supported say about the work we carry out and the impact we have on their lives:

"I'm crying, I cannot thank you both enough. Everything you delivered was perfect, it's like Christmas. I'm truly broke and you both have been a Godsend. Angels in my life, thank you so much."

"Community Offer were there for us and supported us, nothing was too much and the support given to us was from a genuine place and not just because it's a job. We will be forever grateful for them coming into our world and not judging but just listening and being positive in everything and wanting and willing for my husband to get better. We will both be forever thankful for them being part of this journey."

"My thanks to you both has no limits for what you have done for me."



Outcomes Achieved

- People are supported with access to high quality Information Advice Guidance to help them make informed, important decisions that are most meaningful to them.
- Increase in referrals to Welfare Rights to look at other potential revenue streams, supporting clients with income maximisation, completing income vs expenditure forms, and reducing bills. Establishing viable repayment plans in relation to debts.
- Advising clients on ways to keep warm and top tips to keep homes insulated as we no longer have access to fuel vouchers.
- We continue to support clients to tackle issues in relation to poverty to include referrals to food banks as a necessity, referrals to pantries – both Brasshouse and Smethwick, applied for energy bills rebate,

referrals to Provision house, supported clients with clothing, furniture, and care packages through generous donations.

- We continue to have a great response from our social media appeals to support local families and individuals who are struggling to obtain essential and household items.

30 families/individuals supported with Christmas presents and we organised six food hampers. One such present was a bike, used once previously, which was donated and given to a family that had fled domestic violence





- Continued networking with HPLC to avail of 'white goods' grants and essential household items to include beds and some bedroom furniture.
- People feel more connected because of referrals to local support groups and therefore less socially isolated.
- People are more empowered to self-manage their health & wellbeing.
- Networking and marketing wherever possible to raise the profile of Community Offer and Volunteering Opportunities.
- Gained some excellent feedback from the newly appointed commissioner about Smethwick delivery of the Community Offer Project.





WELFARE RIGHTS

225 Clients have used this service:



Total Telephone Appointments : 71



Total Home Visits: 24



Total Face to Face Appointments: 355



Welfare rights issues resolved: 144

Benefits Saved & Gained	
Attendance Allowance	£73,699.60
Carers Allowance	£14,497.60
Utility Discounts	£58,535.52
Housing Benefit	£9,138.48
Council Tax Relief	£3,747.43
Personal Independent Payments	£179,483.20
Support Grants & Rebates	£1,637.74
Universal Credit	£32,093.88



**Annual Total:
372,833.45**

The pandemic and the aftermath of the lockdown has had a profound effect on us all, socially, mentally, and economically. Many things have changed, and some have continued as we resumed normality. The persistent backlog of benefit applications, the delay in awards and the inflation has led to both returning and new

clients in need of further support from our service. There has been a continuing rise in people applying for health benefits such as PIP and Attendance Allowance as a result of their health and the cost of living. There has also been a significant increase in utility and council tax rates as many more people have

applied for council tax and utility reductions based on their low incomes. The current cost of living crisis has affected many families and we have successfully assisted clients to increase their income and minimise their expenditure as a result.

Many benefit applications have been rejected initially and awarded at a lower rate in the past year and have been awarded at the right rates after lodging an appeal. Our service has supported these clients, assessing whether they were receiving all they were entitled to. Thus, we have received positive feedback from our clients stating they are thankful for the support the service has offered during this current crisis.

There has been a significant increase in the number of clients that have used the service, likely due to the aftermath of the pandemic and the cost of living rising. Our service has broadened our reach and we are receiving increased

referrals from several organisations, this in addition to our Community Offer and the Sandwell Community Dementia Service with whom we work closely. Our rate of success has increased as a result.

This past year has shown that our continued service has successfully supported our clients during this current crisis and will continue to ensure they receive the best advice and support possible.

Client feedback:

"I am extremely happy with the service. Without the advisors help I don't know where I would be!"

"He is very helpful, kind and very professional. With his help I have been awarded a full enhanced pip without a face to face until 2026. I am extremely grateful."

"Thank you for your timely help. Well appreciated for your kindness and help."

KITCHEN SERVICES



This year has been a challenge in some respects. The rising cost of food has impacted us greatly. Staff have been trying to shop around to source produce that is fresh, still up to our usual high standards and quality to ensure all of our homemade meals and desserts remain affordable, delicious and nutritious. All staff are now fully aware of and compliant with Natasha's Law, with all food labelled individually and allergens listed clearly. The new graze technology has also been a challenge to integrate into the kitchen, but all staff are now able to use the system.

Along with the challenges there have been some real achievements this year. We have welcomed a new member of staff to the kitchen as well as mentoring



two volunteers with additional needs. We are continuing to provide approx. 120 outmeals to individual homes each week, most of which are delivered hot and ready to eat. The kitchen also continues to provide BUDS with approx. 80 meals per week Mon – Fri. We also provide approx. 130 inmeals per week and 100 preschool meals, meaning the total meals cooked per week is approx. 430. So around 21,000 meals a year are prepared in the kitchen. The 6 parties that have taken place have also been catered by the

kitchen with a 3-course meal being provided at Christmas to over 40 people. We were also really pleased with our recent hygiene inspection when we were once again awarded a 5 which is the highest level attainable.

During the school holidays we were providing HAF workshops with food provision for their children. 150 meals and packed lunches were provided in total to different venues around Sandwell and the feedback was very positive. They felt the meals were healthy and good value for money. We look forward to working with them again in the future.

“I love it here!’ I’ve made lots of new friends and I look forward to coming every week. ”





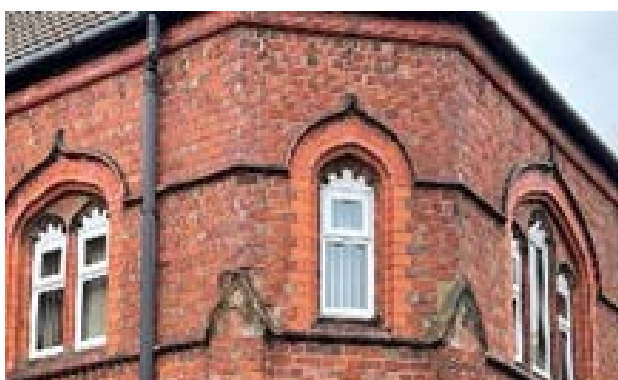
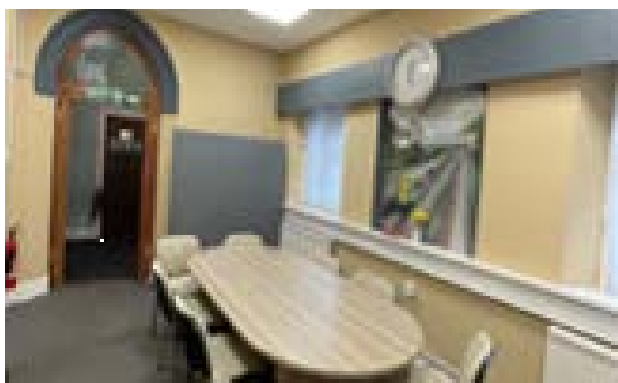
The Friendship Club have had a fantastic 12 months. Thanks to TNL's Community Fund. We were able to deliver telephone support to 12 individuals as well as meeting regularly twice a week in group. We were also able to buy some new resources. These services enabled us to continue to offer support with things such as getting packages of care, access to medication and shopping deliveries for those who were struggling with mobility and support to access other services. We were also able to put 50% of the cost in partnership with St Albans to purchase an interactive floor projector. This has allowed us to introduce some new activities, and they have been welcomed by the clients and thoroughly enjoyed.

GROUPS SUPPORTED BY ST ALBANS

We have held several party days at St Albans, including a pub night style party, an Easter Party, a summer party, our usual Remembrance Day party and, of course, a Christmas Party. Our fabulous volunteers have been amazing as always and we thank them for the time they donate that makes the group possible.



BUILDING UPDATES



New windows at the front of the centre. The improvements of St Albans Community Centre is always ongoing and this year we have had new windows put in and how it has made an improvement of the look of the centre.

New Sliding gates

St Albans has changed their heavy duty access gates, making easier access for our minibuses and deliveries. Our old gates used to open outwards onto the pavement and our new gates are now sliding and how much better they are for everyone to use.

Staff Room

Our staff room has had a lovely make over, with a coat of paint and new table and chairs.

Our Blossom Room, which is located in our Preschool, had a new makeover with new windows.

This was a lovely improvement making the room for the children a lot warmer.

JUNIPERS PRE SCHOOL

This year pre-school have had one of our most challenging and rewarding years yet. We are having many more families from different ethnicities join us. We continue to provide pre-school places for up to 40 children per session and have around 60 families on roll. The past year we have seen even more staff changes and we are proud to say we have continued to provide high quality care, with our highly skilled and qualified staff team, including an Early Years Teacher and a long-standing Deputy Manager. Most families that attend our setting, have English as an additional language, where we continue to be able to offer extensive support with staff who can speak Punjabi, Urdu, Hindi and Bengali.

Social, Emotional and Mental Health Accreditation

Over the past 12 – 18 months, Junipers Pre-school



have been working towards their social, emotional and mental health accreditation which we were awarded in March 2023. The award is given for 3 years and involved gaining the views of parents, children and staff as well as observing practices within the pre-school, as well as showcasing the work we do to support our families and providing numerous written evidence pieces.



“Congratulations on achieving your Sandwell Well-being Charter Mark Award! It is very well deserved and it's clear to see the hard work you've put in to promote well-being at St Albans.

We really enjoyed hearing about your progress and wish you the best of luck with carrying out the future action plan.” Bethany, Inclusion Learning Services March 2023”

Continual Professional Development
 CPD time is really valued within the Pre-school. The Pre-school Manager is working towards gaining her level 3 qualification for 'The role of the Early Years SENCO'. The Deputy Manager is currently working towards her level 5 foundation degree in Early Years. These courses are proving to be beneficial to the Pre-school and has enabled us to reflect on individual practices and also use as training materials for the wider Pre-school team. The Manager and Deputy Manager have been

supporting staff to implement the knowledge they have gained through additional SEN training that has been provided. Special Educational Needs
 The cohort of children this year has seen a rise in the number of children who are beginning pre-school with additional needs which have not yet been identified through the child's two-year check with their health visitor. This has been experienced throughout the whole of Sandwell. With this in mind, as a team we have needed to reflect on the environment we have available for children and our own practices with changes being implemented to how we structure our routine and the continuous provision we have on offer. Our training and continual professional development opportunities have been focused upon supporting these children that require more intensive support to help them progress and bridge the gap.

“You are always such a pleasure to work with and you have such a wonderful nursery. Thank you for everything you have done and are doing for our children and families known to you.” Amy, Inclusion Worker January 2023

Cultural Capital

A big emphasis on our practice within the Pre-school is to ensure that we can bridge the gap between the learning for our most disadvantaged children. This involves us providing an exciting and varied curriculum rich in cultural capital, that is adapted for the cohort of children we have come through the pre-school each year. Over the past 12 months our cultural capital opportunities have included a walk to the train station and taking a ride on a train, visiting a farm and stroking an animal for the first time, looking after our pet rabbits and turtle, reading a book



or listening to a story for the first time, engaging in sports day and receiving some football sessions to learn basic football skills, observing the life cycle of a frog, growing our own fruit and vegetables, taking a ride on the bus, buying fruit from the fruit shop and so much more.

Parent Partnerships

Working with parents is a big part of our pedagogy within the Pre-school. Parents play such an important part in their children's learning.



This year we have begun running a series of workshops called “Big Cook, Little Cook”. In February we held a pancake making workshop. This involves the parents becoming involved in their children’s learning by helping the children to follow a sequence of instructions, understanding the print they see on a recipe, measuring and weighing ingredients, talking about safety when cutting up food and cooking and discussing the importance of healthy eating.



Our second series of workshops is based upon "Emotional Literacy". These workshops focus upon the importance of being able to talk about their feelings, developing emotional resilience and learning self-regulation skills and the importance of looking after our mental health. The first of this series was a Spa Day. Children and their parents experienced a foot spa, nail painting, hairdressers role play, face masks and a candle lighting activity to focus upon the importance of breathing in being able to regulate our emotions.

"St Albans Pre-school. You are the best early-childhood education teacher I've ever known. I'm so grateful to you for your patience, enthusiasm, and passion. I want to express my sincere gratitude to all the teachers who have contributed to Avi's growth and curiosity for learning. A big thank you to Sam, Nikki and all staff for getting the best out of Avi. He will truly miss his teachers and the friends he has made".



"Highly recommend St Albans preschool to all parents." Parent July 2022"

GROUPS

Laxmi Narayan

We hire the hall the hall from 4.30pm to 6.30pm every Sunday. We have been using the upstairs hall since 2006 .

Our prayer meetings are mainly concentrated on Hinduism and people of all communities and religions who attend our prayer meetings appreciate your support. We continue to pray for the the wellbeing of all communities.

G Force Martial Arts Smethwick

launched its classes Jan 16th, 2023, at St Albans Community Centre. We have over the 4 months at St Albans gone from 0 to 32 members at our club across 3 different classes. We have a Titans class for 4-6-year-olds which helps youngsters get introduced into listening, discipline and martial arts whilst having lots of fun. Our juniors class is for children aged 7-12 which similarly introduces kids to martial arts but also gets them fully immersed into their journey of the arts of kickboxing and sport karate.

Laxmi Narayan Photo



Our ladies' class is an absolute hit and our busiest class. It creates an extremely comfortable environment which allows ladies of Smethwick and surrounding areas to grow in confidence, empowerment, and fitness. Watching new friendships which have started from joining G Force has been amazing and really rewarding to be a part of. The staff at St Albans have been very invested in, checking how the classes are going and are great and keeping in contact with our club which we are very grateful for. Being at St Albans has helped our classes due to the community it already has and through posting about our classes on their Facebook page. We have titan members from their preschool and past staff members who have joined our ladies only kickboxing boot camps. Thanks for being part of the start of the journey of our new martial arts school!



Rabb Di Awaaz Ministries

Our church meets at St Albans Community Centre, every Sunday 4.30pm – 9pm, we welcome everyone to our congregation. We have about 60 people who attend our church and we love the venue, it's so warm and welcoming.

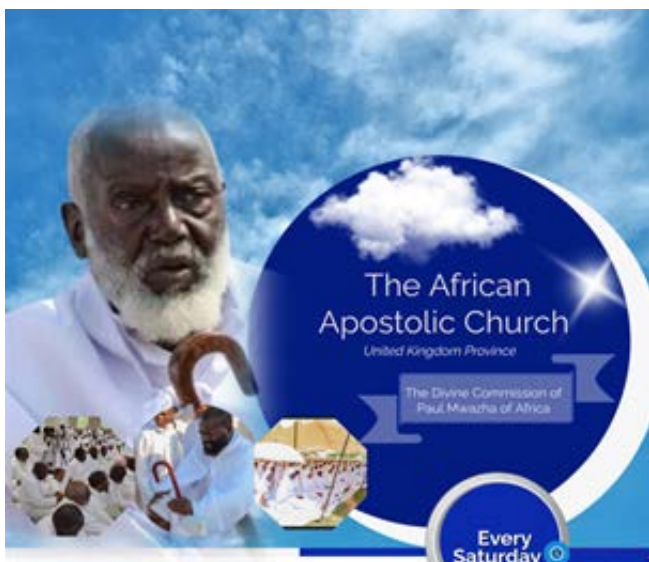
Rabb Di Awaaz Ministries

Photo



Pilgrim International Ministries

We have been using St Albans Community centre now for a few years and it is a wonderful centre to be in. We meet every Saturday 3.30pm – 7pm and Sundays 11am – 4pm We have got about 70 to 80 people attend on a weekly basis. We have church where you can come and pray and have Sunday School for the young. Our doors are always open for the community to join in.



The African Apostolic church resumed local group meetings in Smethwick at St Albans Community Centre, since October 2022. The group has 8 to 15 people in attendance every week.

The African Apostolic church is open to all people from different backgrounds. Worshiping God in the African Apostolic church opens up a new dimension of life as the main focus and message seek to bring people closer to God. Every Saturday is a special day of closing down every other activity of life and focusing on a deep reflection journey of life.

Sometimes life brings a variety of different challenges, including stress, anxiety, depression, etc. However, the weekly church services have been a wonderful way of segmenting the challenges of life. As the old saying goes 'a problem shared is a problem solved. It is almost always mandatory to lay down all your burdens before the Lord as the preceding of the church is conducted. Church has been a strong pillar of support to those who are trying to find the meaning of life and purpose. Confession is a powerful element in the church service that lightens those who are in the dark hour of temptation.

Our weekly service is normally attended from 1030 hrs to 1430hrs. We hold with high esteem, the moral duty of man to always worship and praise the Lord. The service is comprised of faith healing, teaching, bible reading, group singing, prayer, and counseling. The African Apostolic Church invites you to come and worship the Lord with us.

Sanatan Shastarvidiya

Every Friday 7pm – 9pm training in weapons and self defence.

Shastar Vidiya is a complete traditional Indian battlefield system from the Punjab, land of the five rivers, in the north west of India. It is a highly evolved and deeply conceptual art as it incorporates sophisticated unarmed techniques with a variety of unique Indian weapons such as swords, spears, daggers, clubs, sticks, chain and ball, 'chakars' (quoits), 'bagh nakha' (leopard claw), etc., as well as tactics and stratagems.



AKALI BABA DARBARA SINGH RANJIT AKHARA EST. 1661
SANATAN SHASTARVIDIYA
 THE TIMELESS SCIENCE OF WEAPONS

EVERY FRIDAY 18:30 - 22:30

ST ALBANS COMMUNITY HALL
 ST ALBANS ROAD, SMETHWICK
 BIRMINGHAM
 B67 7NL

UPSTAIRS HALL

SANJAM KIRIYA VARYAM - MARTIAL YOGA
 DHAN KE BHEID - BODY MECHANICS
 SAVYA RAKSHAH - SELF DEFENCE
 DHAL TULVAR - SWORD AND SHIELD
 JANG VIDIIYA - BATTLEFIELD SCIENCE

VOLUNTEERS

A special mention to our Board who are all Volunteers and Centre volunteers who without their hard work and dedication the success of this Centre would not be possible.





BARBARA DIANE BRIGHT

15TH AUGUST 1945 - 4TH JANUARY 2023



In loving memory and appreciation of
a dear friend who dedicated 38yrs
service, love and support to St Albans
Community Centre. We wish to send
our condolences to Barbara's family.
She will be sadly missed by us all.





CHAIR:
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