



RECENT EMAILS RECEIVED WHICH MAY BE USEFUL PROGRAMME IDEAS

Aikido Lessons : Landscape Projects – Warwickshire Wildlife Trust: Handsworth Fire Station – Red Hot Education Station

Dear Solihull Scout County

My name is Oliver Quinn and I have been taking Aikido classes at Tudor Grange Leisure Centre for about four years. Aikido is a martial art that is mostly characterised by its ability to use the weight and force of your opponent against them, thus making physical strength or fitness not essential to begin the classes.

It occurred to me that the classes may appeal to the local scout groups or cadet groups looking to begin a martial art or a similar physical activity. The details of the class times can be found attached to this email, along with additional information about Aikido. It would be greatly appreciated if this message could be passed on to local scout groups; scouts of any age may attend the classes as there is also a junior class available.

Many thanks
Oliver Quinn

www.tudorgrangeaikido.co.uk

Tudor Grange Leisure Centre

AIKIDO



Through Aikido, you will learn the most effective self-defence taught today, whilst also gaining fitness and confidence.

In the classes, you will learn to defend against any attack, with or without a weapon.

Aikido is an art of self-defence that enables you to use your opponents strength against them, allowing people of any size or age to practice; physical fitness is not essential to start practicing.

All Dan-grade instructors are fully certified and CRB checked.

Classes

6pm - 7pm : Junior class

8pm - 9pm : Beginners class

9pm - 10pm : Advanced class



Tudor Grange Leisure Centre
Blossomfield Road
Solihull

Contact Stuart for more info

[07759711370](tel:07759711370)

Dear Sir or Madam,

I'm working for Warwickshire Wildlife Trust as a Living Landscape Officer for Solihull, and I'm currently approaching various groups / organisations / clubs to see if they are interested in working with me and new projects.

Sites I tent to look for as new projects are:

- Hedgerows - gaps can be planted up by local people, which will then become hedgelaying project in the future
- Grassland with not great biodiversity - we can create a wildflower meadow, and have grass cutting / seed collection sessions
- Potential allotment site - always have problems with security - needs fence etc, but once that's sorted, there are so many things we can do at an allotment site!
- Wooded area - might be dark and attracting anti-social behaviours, but we could open it up a little, and make it into a community woodland, etc.
- Any unused land - you might have a base for your group but the site needs TLC - I can come and have a look and suggest what can be done and work together to improve it...

My overall aim is to connect small green spaces into a large one throughout Solihull, by working with local people. The process could be slow as we need to apply for funding once we decide on the project (and made sure there is enough interest to carry out the project).

Please let me know if you are interested, and if you would like to arrange a meeting, please let me know your available dates.

Hope we can work on a very exciting project together!

Look forward to hearing from you

Thank you

Izumi

Izumi Segawa
Living Landscape Officer (Solihull)
Warwickshire Wildlife Trust
Brandon Marsh Nature Centre
Brandon Lane
Coventry
CV3 3GW

T: 024 7630 2912

M: 07958 634678

E: izumi.segawa@wkwtr.org.uk

W: www.warwickshire-wildlife-trust.org.uk

Handsworth Community Fire Station offers:



The Red Hot Education Station - an interactive Fire Experience designed to allow groups to witness the dangers of a real fire in total safety and discover the consequences. They can then tour a virtual room containing safety hazards and learn the best way to survive if trapped by fire.