

Keeping Active is Fun



BLACK COUNTRY FOODBANK

**BLACK COUNTRY
FOODBANK**
LOVE . CONNECT . INVEST

World Kindness Day Donations

Certificate of Appreciation and Thanks awarded to:

Harvey

Thank you so much for collecting food and toiletries for families and individuals in your local community.

We will use all the food you have donated to make emergency food parcels for people in crisis.

You have donated 376.3kgs of food and 8kgs of non-food, enough to provide 753 meals and 8 toiletry packs.

This is absolutely wonderful and we are so thankful that you have supported us in this amazing way.

THANK YOU!!



**Feeding the
Community**

Registered Charity No: 1136676

November 2020

Donations resulted in 753 meals

Schoolboy praised as he calls on fellow children to consider others

JAMES VUKMIROVIC
Community News Reporter

The community spirit of a Black Country youngster has been praised by a representative of the Queen.

Harvey Kataria has been calling on young people across Dudley and Sandwell to make a donation to food banks as a way to support World Kindness Day.

The 12-year-old from Oldbury is asking his peers to bring one item of food to school each day between November 9 and 12, ahead of World Kindness Day on November 13.

He said: "I decided it's important to stock up food banks for Christmas and, as it's World Kindness Day on November 13, I think we should all try and help each other in different ways." Harvey's cause has been supported by St John's Ambulance, with local volunteers stepping in to provide vehicles to collect and transport donations to Black Country Food Bank in Brerley Hill. The campaign has received the support of the Lord Lieutenant for the West Midlands John Crabtree OBE, who offered his own praise to Harvey.

He said: "Harvey is a wonderful example of the community spirit of young people we have within the West Midlands."



Lord Lieutenant for the West Midlands John Crabtree, Harvey Kataria, Darren Elgerton and Diana Crabtree



NHS BIRTHDAY 5TH JULY

Local schools

Nurseries

Care homes

2023 is our 4th Year



CHRISTMAS CARDS FOR CARE HOME RESIDENTS & STAFF





Keeping Active is
Fun





KEEPING ACTIVE IS FUN & LET'S PLAY

Playing a sport

Warm ups

Washing our hands

Brushing our teeth twice in the day

Not talking to strangers

Accepting disability and diversity

Giving our eyes a break – playing on consoles

Recycling

Keeping hydrated

Healthy eating

Bereavement – losing a pet

Bike safety

Safety at pedestrian crossings

BOOK LAUNCH EVENTS

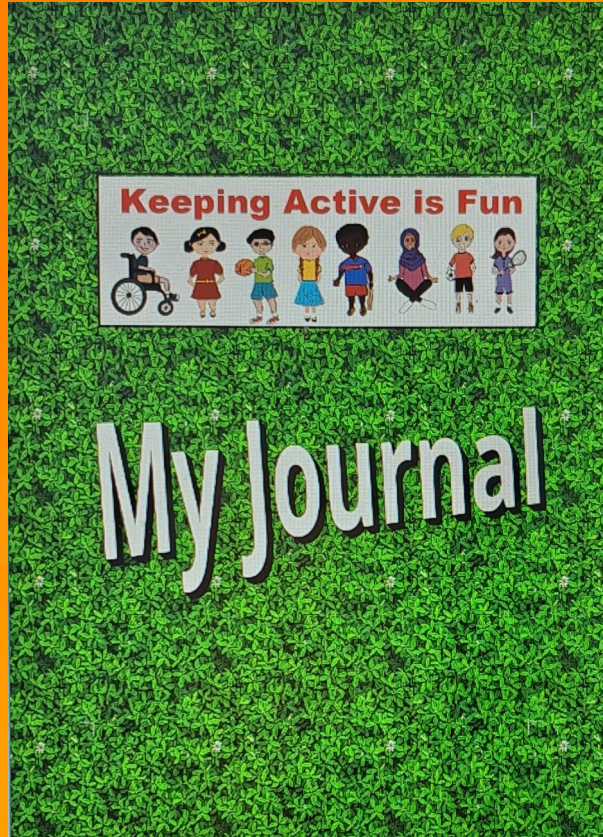
Talking to parents

Talking to children

Talking to library staff



JOURNAL



How are you feeling – happy, sad, tired, angry?

Have you had a good day?

Have you been active?

Did you drink enough water?

What have you liked the most about your day?

What haven't you liked about your day?

Colouring/Wordsearch activity



Thank you - Sandwell Council for all your support

Sandwell Councillors

Sandwell General Hospital

St John Ambulance

Primary Schools

Care Homes

WASUP – World Against Single Use Plastic

The Young Active Citizen Award - 2020

