The Community Power Podcast
Presenter: Chris Allen

Series 1

- **Ep 2: Restoring ruins in Northumberland.** A community archaeologist and residents turn a crumbling medieval tower in ex-mining town Cresswell into a community hub. Link
- **Ep 4: Climate-proofing communities in North Bristol.** Lawrence Weston resident Mark Pepper on helping neighbours link their interests to climate action. Link
- **Ep 5: Community leadership in Walsall.** Imrana Niazi of Palfrey Big Local on how Local Trust's Community Leadership Academy helped her become a strong local leader. Link
- **Ep 6: Cooking up a storm in Brinnington.** Brinnington Big Local's emergency food response to food poverty in Greater Manchester. Link
- **Ep 7: Tackling health inequality in Solihull.** Cars Area Big Local gets people active through football, basketball and accessible sports in North Solihull. Link
- **Ep 8: Inspiring youth action in Hounslow.** Heston West Big Local on motivating a diverse, young community to take action. Link
- **Ep 9: Making space for creativity in Cornwall.** Make Space Cornwall on the benefits of art projects in Par Bay. Link
- **Ep 10: Rebuilding community spirit in Liverpool.** L30's Million rekindles pride in Netherton by strengthening local people and assets. Link
- **Ep 11: Engaging the next generation in the Black Country.** Grace Mary to Lion Farm Big Local unites young people from four neighbourhoods through youth outreach. Link

Series 2

- **Ep 1: Building community resilience in "an age of permanent crisis".** Big Local areas on supporting residents through the cost of living crisis. Link
- **Ep 2: Leading climate conversations in Greater Manchester.** Our Sale West's co-chairs on a student-led climate conference for six local schools. Link
- **Ep 3: Regenerating the riverside in Gateshead.** Gateshead Big Local's cycling club supports residents' mental and physical health. Link
- **Ep 4: Celebrating Creative Civic Change in the Midlands.** Creative Kingswood and the Portland Inn Project on the Creative Civic Change programme. Link
- **Ep 5: Changing gears in North London.** Noel Park Big Local turns a shipping container into a youth training hub. Link
- **Ep 6: Transforming family relationships in Southampton.** SO18 Big Local and NVR South roll out a Non-Violent Resistance programme to help rebuild families. Link
- **Ep 7: Resident-led leadership in Kent.** Northfleet Big Local's Peter Scollard on how Big Local involvement led to him becoming Mayor of Gravesham. Link

- **Ep 8: Innovative community spaces in Eastern Sheppey.** New spaces to support rural residents on this Kent island. Link
- **Ep 9: The power of pom-poms in East Coseley.** The simple, creative Pom-Poms 4 Loneliness project. Link
- **Ep 10: Empowering local writers in Firs & Bromford.** A Birmingham writing group helps residents become published authors. Link
- **Ep 11: Transforming community wellbeing in Brereton.** Brereton Million Big Local works with the district council on a free health and wellbeing app. Link
- **Ep 12: Outstanding service to the community with Karen Trainer MBE.** Her 11-year journey as chair of Scotlands and Bushbury Hill Big Local in Wolverhampton. Link

Series 3

- **Ep 1: Community catalyst, the legacy of Ewanrigg's 'We Will' campaign.** A 10-year campaign for children's mental health in Cumbria. Link
- **Ep 2: Better together, Villages Together's Big Local journey.** Two communities overcome their differences to tackle isolation and anti-social behaviour. Link
- **Ep 3: A growing legacy, Winterton's community orchard.** A five-acre orchard for food growing and social gathering. Link
- **Ep 4: Building community and combating loneliness, Tonge with the Haulgh's Men's Shed.** How the Men's Shed addresses loneliness and mental health. Link
- **Ep 5: Thinking outside the box, a Universal Basic Income pilot.** The first UBI pilot in England, run by Grange Big Local and Big Local Jarrow. Link
- **Ep 6: A dream 12 years in the making, Mossley Big Local's community hub.** A hub that revived community spirit on a Walsall estate. Link
- **Ep 7: Art, action and legacy, the transformation of Chatham through Arches Big Local.** Town murals, sport and food for young people, and extra funding. Link
- **Ep 8: Destination Dover, entrepreneurship with Dover Big Local.** Reviving the high street and putting Dover on the map. Link
- **Ep 9: Heart of Sidley, tackling food poverty.** A voucher scheme in East Sussex to ease food poverty and improve residents' health. Link
- **Ep 10: Connecting through faith, food and shared spaces, the women of Welsh House Farm.** A Birmingham women's diaspora group fostering cultural exchange and language learning. Link