

Hello!! :)

In this info share, you will find flyers and information on food based activities, projects and offers, including winter holiday clubs, activities such as greening and growing, art and creative sessions, cycling and running groups, wellbeing groups, and more!

Please feel free to share this document with anyone who may be interested in joining in!

When this Info Share is saved as a PDF and then shared, you will be able to click on a flyer, and the link will take you to the relevant website
Please contact the group who are hosting the activity to find out further information on sessions

With many thanks and gratitude to all of the incredible people creating and hosting these great offers for communities in Birmingham
Wishing you all a happy and healthy festive season and new year ahead



food justice network.

Birmingham, UK.



Scan this QR code to see the
Food Justice Network Map

The map will show you details of food support and food based activities nearby to you.

Or you can type this into your browser to open the
Food Justice Network Map on a webpage:
<https://tinyurl.com/foodjusticemap>

Each location shown on the FJN Map is an independent provider, requirements and access information may differ for each location. Please contact the location directly with any queries

Find FREE activities at: www.theaws.co.uk/our-activities

Search 'The Active Wellbeing Society' on social media

To add/edit your food provision on the map, or for further information, please contact: foodjusticenetwork@theaws.org



33 NEW SPRING STREET, HOCKLEY, B18 7LG



COME AND COLLECT YOUR FREE

FOOD PARCEL

Every Wednesday 11 am - 1 pm

Parcels are given on a first come first serve basis



MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

THE REAL GREEK

Free Kids Meal for every £10 spent by an adult from Friday 22nd December 2023 until Sunday 7th January 2024.

PRETO

Kids up to age 10 eat free all day on weekends and from 4pm weekdays with paying adults at Preto in Half Terms

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' buy any adult meal (Via App)

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

IKEA

Kids get a meal from 95p daily from 11am

NOT ANNOUNCED...

M&S, Tesco, YO! Sushi & Bills



NHS

Are you pregnant or have children under the age of 4?

You could get help to buy:

- Plain cow's milk
- Fresh, frozen or tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk
 @NHSHealthyStart

Community Christmas Dinner at Christ Church Summerfield Memorial

Gillett Road, Edgbaston, Birmingham, B16 0EZ

Come and join us on the 19th December from 12:00pm till 2:30pm

Quiz and games to play

Also join us for our weekly Place of Welcome with food supplied from incredible Surplus from 10:00am till 12:00pm every Tuesday

Sponsors for this event



December & January 2023 Info Share

St Martin's Church, 140 Wilson Lodge Road, B23 5AP
 For more information call Debbie on 07545477519

CHRISTMAS at St Martin's

Thursday 7th December 9:30am - Trip to Lichfield (see the Christmas Tree Festival in the Cathedral) £10

Thursday 14th December 1pm - Christmas Film £4

Friday 15th December 1pm - Christmas Meal and Bingo £6

Sunday 17th December 9:30am - Carol Service

Tuesday 19th December 10am - Christmas Party FREE

Thursday 21st December 1pm - Christmas Tea Dance £4

BREAK UP

Re-Open Tuesday 9th January 2024
 10am For Place of Welcome

MERY CHRISTMAS






COME AND JOIN US AT OUR COSY COMMUNITY HUB

Mon, Tue, Thu Fri-11am-7pm
 Wed 11am- 3:30pm
 St Nicolas Place
 The Green, Kings Norton, B38 8RU

Free hot food served daily!
 Mon, Tue, Thu 4-6pm

And Fri with 4-6pm



Have a coffee with us and chat about how we can support you or your family over the winter months.

INFO@NORTHFIELDCOMMUNITY.ORG
 0121 411 2157

HUB WARM LUNCHES

Enjoy some community warmth with us

The Hub Hazelwell

318 Vicarage Rd, B14 7NH

Wednesdays 15 & 29 Nov, 13 Dec, 17 & 31 Jan, 14 & 28 Feb, 13 & 27 Mar.
1:00-2:30pm



The Hub Ageing Together Social Project invites local people age 50+ to a fortnightly free warm lunch at The Hub Hazelwell.

Pre-book the meal in advance by contacting derskine@hubhazelwell.org.uk
 07385 294820 (WhatsApp/Text/Call).



YOU ARE INVITED TO

Christmas DINNER

THURSDAY 21ST DECEMBER 2023
5.45PM - 7.00PM

Outside Salvation Army,
 72 Shadwell St, Birmingham B4 6HA





Come and join us and collect your Christmas Hamper Food Parcel
 Wednesday 20 December 2023 - 10am - 3pm
 33 New Spring Street, Hockley, B18 7LG



Come along and collect your complimentary Christmas Food Hamper

Hampers will include:
 Chicken (Halal), Rice, Vegetables and all the trimmings for a wonderful festive meal, including Pudding!

Hampers are given on a **FIRST COME FIRST SERVE** basis, Please keep this in mind when collecting your Hamper.



Information Line: 077372 17259 / Email: contact@ymwv.co.uk

Merry Christmas!
 from Your Money Your Way CIC

Stay Connected over the Christmas period by following our Social Media pages and WhatsApp.

[@YourMoneyYourWayCic](https://www.facebook.com/YourMoneyYourWayCic) [@YourMoneyYourWayCic](https://www.instagram.com/YourMoneyYourWayCic) [@YMWvc](https://www.whatsapp.com/channel/00299a61111111111111)



FREE MEALS THURSDAYS

St. Paul's Community Development Trust
Working for the Community

WARM Welcome

Helpin Brum

Lunch is from 12.00-1.00pm Term Time Only

You are welcome to sit in and enjoy some company, play table football, read a book, up until 2pm

Feminine hygiene products, food items and pet food can also be collected, for families struggling this winter.

St Paul's Development Trust
The Venture Hall
Malvern Street
Balsall Heath
B12 8NN

Fresh vegetable soups, curries & stews

December & January 2023 Info Share

TOGETHER IN THE COMMUNITY
Supporting Families, the Elderly, Homeless & Underprivileged

BOXING DAY MEAL

Tuesday 26th December 2023
3 - 9pm

Buffet Meal • Music Entertainment • Raffle

Limited Tickets
Adults (and 14+) £7
Children (5-13 years) £3
Under 5's Free

Book at eventbrite (with booking fee)
Scan QR Code Opposite or Pay at the Door

Kingstanding Inn
72 Warren Farm Road
Kingstanding B44 6QN

07493 943 558
INFO@TOGETHER-IN-THE-COMMUNITY.ORG.UK
WWW.TOGETHER-IN-THE-COMMUNITY.ORG.UK

Women of Haymills Coffee Mornings
The first of its kind in Haymills!

Dates 10.15 - 11.45am

December 2023
13th, 20th
January 2024
10th, 17th, 24th, 31st
February 2024
7th, 21st, 28th

Catering for women of ALL ages, ethnicities and backgrounds. A safe space to make friends, bring positivity to your mental health and social wellbeing—above all—to bring the WOMEN of our community TOGETHER!

Venue: St. Cyprian's Memorial Hall
2 Fordrough, Birmingham B25 8DL

For more info, contact
Rubina / Tahmeena
07534309511

YNN Yearley Neighbourhood Network Scheme
Connecting People. Improving Lives

Warm Lunches

Maypole Methodist Church
3 Sladepool Farm Rd
Birmingham B14 5DJ
12.30-2pm

Come and join us for some community warmth

We like to invite to come and enjoy a free bowl of soup with a dessert and free tea or coffee.

Thursdays
23rd Nov
7th, 21st Dec
18th Jan
1st, 22nd Feb
7th, 21st March

BOOKING ESSENTIAL

Please email
derskine@hubhazelwell.org.uk or
Ring, Text, or WhatsApp
07385294820

Birmingham City Council
THE HUB AGING TOGETHER
AN ACTIVE COMMUNITY
Cultivating Lifelong Learning
the HUB HAZELWELL

SHARE COMMUNITY FOODBANK

OPEN MONDAY AND WEDNESDAY 11-2PM

Do you need help or know someone who does?

Our Community service provides FREE food parcels if you need support due to special circumstances.

Call 0121 766 8771
Email: events@israuk.org

ASDA 24 WHEAT BISKITS
COR FLAKE
MORRISONS
ISRA-UK
SHARE
FOOD Help Brum
MORRISONS

BIG FEED COMMUNITY CAFÉS

OPENING TIMES OVER THE CHRISTMAS PERIOD

MONDAY 18TH - FRIDAY 22ND DECEMBER:
OPEN AS USUAL

MONDAY 25TH, CHRISTMAS DAY:
NOW FULLY BOOKED

TUESDAY 26TH, BOXING DAY:
CLOSED

WEDNESDAY 27TH DECEMBER - TUESDAY 2ND JANUARY:
CLOSED

WEDNESDAY 3RD JANUARY - ONWARDS:
OPEN AS USUAL

To see more about the Big Feed Community Cafes, including locations and opening times:
www.theaws.co.uk/big-feed/ or email bigfeed@theaws.org

To see all Free Activities offered by The Active Wellbeing Society, please use our Activity Finder: www.theaws.co.uk/our-activities/

The Active Wellbeing Society
bigfeed project
With support from and thanks to:
FareShare

MIDLAND LANGAR SEVA SOCIETY

20 13

Network Rail

Homeless CHRISTMAS DINNER
CHRISTMAS EVE
SUNDAY 24 DEC 23
@BIRMINGHAM NEW STREET STATION | 2PM - 5PM

Serving a seated 3 Course Meal
HOT ROAST VEG DINNER | VIP TREATMENT WITH DRINKS (NON-ALCOHOLIC)
Santa Claus will be attending with presents

CAROL SINGERS • DISCO • GAMES & MUCH MUCH MORE...

FOR MORE INFO: 01922 861165 | 07828 863 681 Email admin@miss.org.uk

MIDLANDLANGARSEVA.ORG

FOOD CYCLE

What happens at a meal?

You'll be welcomed by our volunteers, who'll sit down together with you to enjoy a meal and a chat.

We don't ask questions and you don't need any particular reason to come other than fancying a meal and some company.

Feel like joining us?

Find your nearest project

food justice network.

Handsworth St Mary's
invites you to

A Community Christmas

to celebrate the Birth of Our Saviour
25th December 2023
Church Hall

Midday onwards, free lunch served 1pm

Traditional Christmas Dinner, non-alcoholic mulled wine, soft drinks

RSPV by emailing: stmarycommunitychristmas@gmail.com

I/we would like to have Christmas lunch with you. There are _____ (insert number of people) of us.

Family name: _____ Contact number: _____

NEAR NEIGHBOURS
ASDA foundation
GET TOGETHERS
Birmingham City Council

MULTICULTURAL COMMUNITY GROUP (MCG)

Build Confidence & Keep Diversity Together

MCG has been established in 2017 and runs on a weekly basis with a goal of bringing people of different faiths and cultural backgrounds together, to interact and build friendships

SAR RAMZ Cooking Project

While the corona virus has had an impact on the UK and has forced communities alike to practice social distancing, we are happy to face to face sessions are now back on a Thursday at 12PM.

Other MCF Activities

MCG offers a wide variety of activities. These have been adjusted to follow the government corona virus guidelines. These activities include the following...

- Outings & Trips are back!
- Phone chats/video WhatsApp calls to isolated.
- Food delivery available.
- Cultural events.
- Arts & crafts, including celebration crafts for holidays.
- Talks about gardening ideas and moving forward while in lockdowns.
- Help and support with mental health.
- Feeding the Needy.
- And much more!

Fortnightly Group Meetings Monday 3.00 PM
Classroom English Class Tuesday 12.00 PM
Activity Day Thursday 12.00 PM

MULTICULTURALCOMMUNITYGROUP.ORG

We would love to hear from you soon
email: nadima@multiculturalgroup.org
Phone: 07780937190

December & January
2023 Info Share

NUTRIFUN EDUCATION

FREE SCHOOL MEAL KIDS GO FREE!
XXXXXX
XXXXXX

REGISTER ONLINE!
NUTRI-FUN.CO.UK

NUTRIFUN WINTER CLUB

Join our Winter Club for kids aged 6-16! We've got a super fun programme that mixes learning about healthy living with awesome activities. From sports and arts to mindfulness and special sessions with cool instructors, it's a blast! We're all about building a positive vibe with Food and Fitness.

FREE Breakfast & Lunch • Morning Mindfulness
Afternoon Affirmations • Health & Nutrition
Creative Activities • Sports & Games

XXXX

TUESDAY 2ND - FRIDAY 5TH JAN
10AM - 2PM AGES 6 - 16
THE CHRIS BRYANT CENTRE
300 RESERVOIR RD, BIRMINGHAM
ERDINGTON, B23 6DA
CONTACT: INFO@NUTRI-FUN.CO.UK

XXXX

Hall Green Families

We are a small, caring team here to help you and your family by connecting you to support close to home

Money + debt advice
Digital + IT help
Food support
Emergency Funds + goods

School uniforms
Child + adult mental health
Youth groups
Under 5s support
Domestic abuse

FREE Confidential

Contact us today
@HallGreenFamilies
Phone/Text/Whatsapp 07570 953519
HallGreen.Families@accordgroup.org.uk

Birmingham Children's Partnership
Hall Green Families is coordinated by Accord Housing Association as part of the Birmingham Children's Partnership Covid-19 response. For more information go to www.birmingham.gov.uk/Covid19CYPF




Welcome to Bring it on Brum!

Bookings for the winter Bring it on Brum! are now open! Our winter programme starts on the 27th December 2023 and will run weekdays until 5th January 2024.

[BOOK NOW](#)

Reminder: You will need you BIOB/ FSM/ HAF code to book.

What's On: Nov - Dec 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creative English 9:30am - 11:30am Email: tiffany@saathihouse.org for more details.	Creative English 9:30am - 11:30am Email: shamsun@saathihouse.org for more details.	Walking & Cycling 9:30am - 11:30am Email: meena@saathihouse.org to register	ESOL 9:30am - 11:30am Email: meena@saathihouse.org to register	Creative English 9:30am - 11:30am Email: shamsun@saathihouse.org for more details.
OUR PROJECTS ARE SUPPORTED BY heart of england, ARTS COUNCIL ENGLAND, HeritAGE Fund, COMMUNITY FUND, FaithAction, bvsc, CIVIC POWER FUND	Jewellery Making Course 12:30pm - 2:30pm Email: tiffany@saathihouse.org	Sewing Course 9:30am - 11:30am Email: tiffany@saathihouse.org to register	Creative English Beginners Course 12:30pm - 2:30pm Email: shamsun@saathihouse.org	Health Champions 9:30am - 11:30am Email: tiffany@saathihouse.org for details.
Monthly meet-up (Leadership course) Coffee, courses, workshops & more. Meeting last Tuesday of every month. 6:00pm - 8:00pm Email: meena@saathihouse.org	Saathi Snacks social enterprise 9:30am - 11:30am Email: fateha@saathihouse.org	Reading and Writing Skills 12:30pm - 2:30pm Email: tiffany@saathihouse.org	SUNDAY	Basketball 10:30am - 11:30am Venue: Prince Albert High School Email: tiffany@saathihouse.org
Employability workshops 12:30pm - 2:30pm Email: tiffany@saathihouse.org	Creative English For migrant & refugee women 9:30am - 11:30am Email: tiffany@saathihouse.org	Forward Together Community organising 12:30pm - 2:30pm Email: tiffany@saathihouse.org	IMPORTANT DATES: 1 November 12pm - 3pm Flag Football Festival For girls aged 11+ 3 November - Community Engagement Workshop 9:30am - 12:30pm 21 November - Diabetes Workshop 9:30am - 12:30pm 22 December - Long Covid Focus Group 9:30am-12:30pm	

SAATHI HOUSE Saathi House, 49 Bevington Road, Aston, Birmingham B6 6HR
info@saathihouse.org | 0121 328 0013 | www.saathihouse.org | @SaathiHouse

FREE LADYWOOD SHARE SHACK TIMETABLE

MON	TUES	WEDS	THURS	FRIDAY	SAT
Repair Workshop 1 - 3pm	Walking Group 10am	Bike Repair session From 10am	Repair Workshop 10am - 3pm	Upcycling Workshop 11am - 1pm	Repair Workshop 10am-2pm
Table Tennis 2 - 5:30pm	Learn to Sew 10 - 11:30am	Memories Art Group 11am - 4pm	Belly Dancing 10 - 11am	Positive Mental Health Group / Time To Talk 1 - 3 pm	Jewellery Making Workshop 11am - 1pm
	Conversational English 1-2pm		Crafts with BID 10am - 12pm (Once a month)		
	Family Fitness 3:30-4:30pm		Table Tennis 2 - 4:30pm		

For more information or to get involved, feel free to contact us at christina.murray@theaws.org or pop into the Shack and speak to our friendly staff.
194 St Vincent Street West, Ladywood, B16 8RP



FOR DADS & MALE CARERS OF CHILDREN
FUN DAY
at Fox Hollies Children's Centre

THURSDAY 21ST DECEMBER 2023
BETWEEN 1-3PM

COME AND JOIN US FOR SOME FUN, FREE ACTIVITIES

NO NEED TO BOOK JUST TURN UP ON THE DAY

ACTIVITIES WITH TAWS MUSIC
INTRODUCTION TO BABY MASSAGE
COOKING SKILLS
FREE RESOURCES and more!

Mums welcome too!
OFFER YOUR VIEWS ON FAMILY HUBS AND RECEIVE A £10 AMAZON GIFT VOUCHER!

FOX HOLLIES CHILDREN'S CENTRE,
419 FOX HOLLIES ROAD,
ACOCKS GREEN, B27 7QA
TEL: 0121 7022700

#1 DAD

Believe in children Barnardo's

FREE

Small Heath Walking Group

Come and join us for a walk around the area exploring green spaces and getting to know each other. This is followed by lunch at the Community Cafe. All welcome.

Tuesdays at 11am

Christmas Dates
26th - no walk
2nd - no walk

Small Heath Park, Birmingham, B10 0EF
By the Bandstand

Finishing at All Saints Café for free food or a hot drink

For more info contact Sam on 078 42 42 20 42
or email: sam.gower@theaws.org

Find more FREE activities at: www.theaws.co.uk/our-activities/
or search 'The Active Wellbeing Society' [f](#) [t](#) [i](#) [i](#)

50 things to do before you're five

BIRMINGHAM
birmingham.50thingstodo.org
@50ThingsBum

Tick-off 50 fantastic things for you and your child to experience together.

50 Things To Do Before You're Five gives you 50 activities that parents and carers can support their children to try out and repeat.

Scan me!

Download the app for free and dive straight in!

50 Things to Do helps parents develop their home learning environment so that far more children thrive by the age of five. As a result, more children develop the skills, language and resilience needed in school and beyond

50 things to do before you're five

COMPUTER CLASSES FOR ADULTS

Monday: 1:00 - 2:00pm
Thursday: 1:00 - 2:00pm

Computer Classes	Computer Drop-in
Learn to set up a computer; use Office software, email & internet; edit photos; develop websites; and much more. <i>Beginner to advanced level.</i>	Free Internet access Troubleshooting or Q&A (with your devices) Online job search <i>IT expert available.</i>

Open Door Friendship Centre
388 Green Lane, Birmingham, B9 5QJ
0121 293 2201

Open Door Friendship Centre
388 Green Lane, B9 5QJ

Ladies Coffee Morning

Tuesday Mornings from 10:30 - 12:30

A chance to connect with other women in the community - with refreshments, a stay & play for those with young children, English conversation and fun activities.

Visit us to find out more or to register. Or get in touch by email (friendshipcentre@azaditrust.org.uk) or telephone (0121 2932201).

OPEN DOOR FRIENDSHIP CENTRE
388 GREEN LANE, B9 5QJ

YOUTH CLUB

For students aged 8-15
Join our club and have a safe place to hang out with friends!

Visit us to find out more or to register.
Email: friendshipcentre@azaditrust.org.uk
Telephone: 0121 2932201

Thursdays
between 3.30 and 5pm
£1 per session

Men's English

ESOL (Reading, Writing, Listening & Speaking)

- Thursday: 10:30 - 11:30am
- Friday: 10:30 - 11:30am

Conversation (Speaking, Listening & Grammar)

- Thursday: 7:00 - 8:00pm



Come learn English, gain new skills, and practice conversations!

Open Door Friendship Centre
388 Green Lane Birmingham B9 5QJ
0121 293 2201

December & January
2023 Info Share

Men's Wellbeing Course

Support for mental health

Stressed? Anxious? Depressed?

A safe, confidential and non-judgemental space for men (18+) to discuss mental health

Interested?

When: Fridays, 11.30 - 12.30

Where: The Open Door Friendship Centre, 388 Green Lane, B9 5QJ

Contact: friendshipcentre@azaditrust.org.uk

Cost: small weekly donation

THE OPEN DOOR FRIENDSHIP CENTRE

STAY N' PLAY!

For parents with children aged 5 and under.
Toys, songs, stories and much more.

Wednesdays
1:00 - 2:30pm

388 Green Lane, Birmingham B9 5QJ.
visit to register
or call 0121 293 2201 for more details

ADVICE & FORM-FILLING

Open Door Friendship Centre, 388 Green Lane

Mondays 10.00am - 3.00pm

Form-filling
We can help with many online or paper applications. Some may take more than one appointment to finish.

Advice
We can offer advice on housing, benefits, other welfare support (e.g. food), family problems and much more.

Signposting
If we can't help you, we may know someone who can. We can get in contact on your behalf.

Translation
You don't speak English! Then please bring someone who can translate. Or it's possible we can find a translator for you.

Confidentiality
We comply with GDPR in order to protect your information and make sure it is kept private.

Contact us - friendshipcentre@azaditrust.org.uk - 0121 2932201

LOTS of us are really feeling the pinch!

But, remember: we're in it TOGETHER.

Don't forget Birmingham's **Local Welfare Provision scheme** helps those of us who are vulnerable and in a short-term crisis with food and essential items.

HelpinBrum

STAY & PLAY

ADVICE

ENGLISH CLASSES

COMMUNITY CENTRE

OPEN DOOR 388 GREEN LANE FRIENDSHIP B9 5QJ
CENTRE 0121 293 2201

CRAFT & SEWING

YOUTH CLUB

TEA & CHAT

OTHER ACTIVITIES INCLUDE: HOMEWORK CLUB, BAKING, COMPUTER CLASS & WELLBEING

FREE

Chair Based Yoga

Are you experiencing?

Interested in yoga but feel your health condition is limiting what you feel you can do? Sore knees, stiff hips, backache?

Come and join us in a friendly supportive environment

Benefits of chair-based yoga

- Promotes general wellbeing
- Improves mobility, strength and flexibility
- Aids lower back strength and stability
- Improves relaxation
- Kind to your joints

***Develop a practice for you**

🕒 **Wednesdays 1.30pm**

📍 **Meridian Centre, 834 Yardley Wood Road, Billesley, Birmingham, B13 0JE**

Contact Carol on 07719 542 536 for more information

Find more FREE activities at: www.theaws.co.uk/our-activities/ or search 'The Active Wellbeing Society'



Mobile Share Van

Free

Bring proof of address for first loan

Borrow, repair and donate items, get active and reduce waste! Sports equipment, Gardening tools, electricals, games, books and more!

Mondays:

- 9:30 - 11:00: Brandwood Centre, 157 Allens Croft Road, Kings Heath, B14 6RP (First and third Monday of the month),
- 10:30 - 12:00: Elwood Centre, 270 Reservoir Road, Erdington, B23 6DE (First and third Monday of the month),
- 12:00-13:30: Meridian Centre, 834 Yardley Wood Road, B13 0JE,
- 12:30 - 14:00: St. Germain's Church, City Road, Edgbaston, B17 8LE,
- 14:30 - 16:00: Georges Park, Brougham Street, Lozells, B19 1PJ.

Tuesdays:

- 9:30 - 11:00: Billesley Ark, 725 Yardley Wood Rd, Billesley, B13 0PT,
- 9:30-11:00: Aston Park, Aston Park, Trinity Road, Aston, B6 6JD,
- 11:30-13:00: All Saints Church, TAWS community café, 172 Herbert Road, Small Heath, B10 0PR,
- 12:00-13:30: Glebe Farm Library, 52 Glebe Farm Road, B33 9NA.

Please bring proof of address for first loan. You receive a Wellbeing card after you have signed up. Please bring this with you each time you visit.

For more information on items at the Share Shack, please visit: <https://shreshack.mytum.com/library/>
For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7050, email: shreshacks@theaws.org or visit: www.theaws.co.uk/share-shacks



FREE

Tyseley Social Walk

Come and join us for a walk around the area. We'll walk along the canal and enjoy the outdoors. Everyone is welcome, join us to improve your health and wellbeing.



Tuesdays 1-2pm



Meet at:
Hay Hall Manor House,
Redfern Road, Tyseley, B11 2BE.

For more info contact zaibbin.nisa@theaws.org/07563 709 612

Find more FREE activities at: www.theaws.co.uk/our-activities/ or search 'The Active Wellbeing Society'



December & January 2023 Info Share

EVERY STEP MATTERS

HANDSWORTH PARK, B20 2BY
Every Sat: 9:15am - 10:15am
MEETING POINT:
Handsworth Leisure Centre Car Park
Walk Leader:
Madge

Contact: info@legacy-wm.org | 07901900865

[@legacywm](https://twitter.com/legacywm) [@legacywm1](https://twitter.com/legacywm1) [@legacystandards](https://twitter.com/legacystandards) [@legacywm](https://twitter.com/legacywm)

Share Shack Walking Group

FREE

Come and join us for a walk around the area exploring the reservoir, the canalside and elsewhere. Everyone welcome.

Mondays, 2-3pm

Ladywood Share Shack
194 St Vincent Street West, Ladywood, Birmingham, B16 8RP

For more info contact Christina: christina.murray@theaws.org

Find more FREE activities at: www.theaws.co.uk/our-activities/ or search 'The Active Wellbeing Society' on social media.



English

FREE

Share Shack by active communities

Come and join the fun!

Conversational English classes at the Ladywood Share Shack

Tuesdays 1-2pm

Share Shack, 194 St Vincent Street West, Ladywood, B16 8RP

Join us for our new conversational English classes. They're free and open to anyone who wants to come along!

For more information contact Christina at christina.murray@theaws.org or call 07729 658 272

To find out more about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7050, email: shreshacks@theaws.org or visit: www.theaws.co.uk/share-shacks

Babbs Mill Running Group

FREE

Come and join us for a run or walk-run locally from Babbs Mill. Explore the area, make new friends whilst moving a little more. All abilities welcome and no one is left behind.

Fridays at 9am

Babbs Mill Park, Fordbridge Road, Kingshurst, B37 6LN
Meet in the car park by the basketball courts.

For more info contact:
Sarah: 07842 425188
or email: sarah.barrow@theaws.org

Find more FREE activities at: www.theaws.co.uk/our-activities/ or search 'The Active Wellbeing Society'



Egyptian Belly Dancing at Ladywood Share Shack

FREE

Share Shack by active communities

Just come in and join the fun. No need to book.

The class will be a closed group for women only.

Thursday from 10am - 11am, starting on 16th November

Share Shack, 194 St Vincent Street West, Ladywood B16 8RP

Join us for an exciting belly dancing class. Strengthen your core, improve flexibility, grow your confidence and exercise in a new fun way. We recommend that you wear comfortable clothing.

For more information contact Christina at christina.murray@theaws.org or call 07729 658 272

To find out more about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7050, email: shreshacks@theaws.org or visit: www.theaws.co.uk/share-shacks

Dr Bike

Primary care Pedals

Bring your bike along for a safety check and basic minor repairs for FREE. No booking required, just turn up on the day!!

The First Thursday of Every Month 10am - 12pm

Omnia Practice/Yardley Green Medical Centre B9 5PU

Find us over by the green container in the carpark.

For more information please contact bigbirminghambikes@theaws.org or 0121 728 7030

Druid Group Bucklands End Lane Surgery Church Lane Surgery

food justice network.

St Martin's Social Care Projects Activities



All activities, apart from the Place of Welcome, have a small entrance fee to cover the running costs.

Every Tuesday

- Place of Welcome 10am till 1pm. Tea, Coffee, Biscuits, Toast and a natter! (FREE)
- Community Shed 10am till 3pm. Use the space to make something you have always wanted to make, learn a new skill and have a chat! (£2)
The Community Shed is also open every Thursday 10am till 1pm (£2)

St Martin's Charity Shop is open on Tuesday's from 10:30 till 1pm All donations go towards St Martin's Roof Fund.

Every Thursday (Except when there is a trip)

Community Gardening & Craft Group 10am till 1pm. Come and garden, be creative with the craft materials or knit and natter with, 'The Cast Offs' 😊 (£2)

Also...

- First Thursday of the Month—TRIP out for the day (£10 - must book)
- Second Thursday of the Month—Tea Dance 1pm to 4pm. Sandwiches and cakes, hot drinks in china cups, music, dancing and chatting! (£4)
- Third Thursday of the Month—Film Afternoon 1 pm till 4 pm. Refreshments and Popcorn (£4 each)
- Fourth Thursday of the Month—Fun Day # 'Do what you want Day' 1pm till 4pm. Play board games, darts, knit, do craft, chat... the choice is yours!! (£4 each)

Every Friday

- Sing-A-Long and Exercise - 10am till 11am Chair Based Exercise (£2)
Unlimited refreshments and chatting after or stay on for...
- Baked Potato and Bingo—1pm till 3pm. Join us for lunch with Bingo afterwards (£6)



St Martin's Social Care Project

Contact Details: Debbie Tye Tel: 07545477519
Email: stmartinsscp@yahoo.com Address: St Martin's Church, Witton Lodge Road, Birmingham, B23 5AP

SUNDAY SERVICE - 9:30am



Our Early Help service covers Hall Green, Balsall Heath, Sparkbrook, Sparkhill, Springfield, Moseley and Kings Heath.

- Food support
- Youth support
- Household Support Fund
- Parenting support
- Domestic abuse
- Money and debt advice
- Under 5's support
- School uniforms & clothing
- Child & adult mental health support

To request support, please complete a Family Connect Form [self-referral](#) or [professional](#).

Wishing you a happy and healthy Festive Season!

- Your Hall Green Early Help Team -

07570953519 | hallgreen.families@greensquareaccord.co.uk



Stay & Play
Every Thursday
9:30am - 11:30am
With a FREE breakfast

Offering local mums a space to come & meet other mums, have a chat and get support.

SAATHI HOUSE

NEW CLASS!! **FREE**

Virtual Wellbeing
Adapted activity with Marie

f

Chair Based exercise:
Mondays, Wednesdays & Fridays 10am

Join Marie for any of our friendly and welcoming adapted classes. Suitable for all ages and abilities but designed for those with lower fitness or mobility. Join from anywhere! On your own or as a group!



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BIRMINGHAM

BrumBitesBack

Brum Bites Back

This winter we're asking the people of Birmingham to say **No!** to food injustice by sharing a meal.

Brum Bites Back is a social justice campaign that invites you to pay it forward by hosting a meal with friends and family and donate the proceeds to the Food Justice Network (FJN).

FJN is an association of more 250 foodbanks, food pantries and community kitchens that delivers emergency food support for thousands of people across the city — much of it based on surplus food which would otherwise go to waste. This winter, many of these projects are under more pressure than ever. We need your help to ensure they can stay open and continue to provide vital support for Birmingham's most vulnerable citizens.

FJN was created during the pandemic by the Active Wellbeing Society with the support of Birmingham City Council to coordinate the city's multitude of food projects, many already in existence.

Simply scan the QR code above and join our campaign or simply donate directly to our Just Giving campaign.



food justice network.

MTF COACHING ACADEMY CIC PRESENTS

TEEN WINTER CAMP 2023/24
TUESDAY 2ND JANUARY - FRIDAY 5TH JANUARY 2024

AGE 13-16
Girls and Boys
(Segregated)

3PM-7PM

St Paul's Nursery/Church
Belchley Lane
Bordesley Green
B9 5SY

VR Gaming Experience, Fencing, Axe Throwing, Archery, Cooking, Challenges, Martial Arts, Woodwork, Electric workshop, Hairstyling, First Aid Workshop, Plus more!
Free Hot Meal Provided!

A BIOB CODE IS REQUIRED FROM YOUR CHILD'S SCHOOL!
FREE FOR CHILDREN ON FSM* £7 PER DAY FOR NON FSM CHILDREN

*FSM = Free school meals

BOOK NOW

VISIT WWW.BRINGITONBRUM.CO.UK
OR FOR MORE INFO CONTACT: 07368822669
EMAIL: MORETHANFOOTBALL@OUTLOOK.COM
WWW.BIRMINGHAMSPORTS.CO.UK



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CENTRE FOR ASIAN AND AFRICAN COMMUNITIES

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0121 792 5442
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www.daaruljannah.co.uk
info@daaruljannah.co.uk

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✓ Addressing Homelessness
✓ Your Right as Tenants



December & January
2023 Info Share

Power to Grow

Community gardens help improve residents' health and wellbeing, as well as our city's local biodiversity!

Whether you're considering setting one up or need support managing an existing one, **ecobirmingham** can offer around 10 hours of free mentorship to community food growing spaces in Birmingham.

From design and planning, organising volunteers, support, workshops and help with funding applications, we offer knowledge and expertise in all stages.

If you would like to discuss how we can help, please contact:
felipe@ecobirmingham.com



ecobirmingham

OUR POPULAR GARDENISER PRO COURSE IS BACK!...COME JOIN US IN BIRMINGHAM IN 2024

A Gardeniser (garden-organiser) is a key coordinating role working inside the community or urban garden. The course covers:

- Understanding the concept of community gardens/farms and the importance of community engagement
- Access to land and negotiating agreements
- Designing the community garden
- Working effectively with staff and volunteers
- Working with partners
- Sustaining and evaluating your project

APPLY FOR YOUR PLACE BY GOING TO:
WWW.GROWINGCONNECTIONS.ORG.UK/GARDENISER-PRO-COURSE-APPLICATION-FORM/

FIND OUT MORE ABOUT OUR COURSES AND MEMBERSHIP BY GOING TO
WWW.GROWINGCONNECTIONS.ORG.UK

gardeniser



Winter Weekly Services

Monday Information Line - 10am - 2pm
077372 17259

Tuesday Ladywood Drop in Session - 10 am - 2pm
33 New Spring Street, Hockley, B18 7LG

Wednesday Foodbank - 10am - 4pm
33 New Spring Street, Hockley, B18 7LG

Thursday Nechells Pod Drop in Session - 10am - 2pm
Dates: 30/11/23 and 14/12/23

Friday Information Line - 10am - 2pm
077372 17259



Christmas Hamper Food Parcel - Wednesday 20 December 2023

Our office close on 22nd Dec 2023 and reopen 03rd Jan 2024

Information Line Open - 27th, 28th & 29th Dec 2023 10am - 2pm

Information Line: 077372 17259 / Email: contact@ymyw.co.uk

Stay Connected over the Christmas period by following our social media pages and Whatsapp.

Merry Christmas!
from
Your Money Your Way CIC

[f @YourMoneyYourWayCic](https://www.facebook.com/YourMoneyYourWayCic) [i @YourMoneyYourWayCic](https://www.instagram.com/YourMoneyYourWayCic) [X @YMYWCic](https://www.twitter.com/YMYWCic)

Free GARDENING GROUP

Come & experience the benefits of gardening!

We are excited to announce the launch of a new gardening group. Come and be a part of the team transforming this green space in the Omnia Practice into a Community Garden. Come and have a cuppa and chat. This is a drop-in session that is sponsored by the Commonwealth Active Community legacy.

EVERY TUESDAY

DROP-IN SESSION AT 1200 AM - 15.00 PM

OMNIA PRACTICE GARDEN, 73 YARDLEY GREEN ROAD, BIRMINGHAM, B9 5PU

PLEASE CONTACT: CHIOMA
CHIOMA.SCHRAMM@THEAWS.ORG
MOBILE: 078 42422032

The Active Wellbeing Society
Spring Birmingham
Birmingham City Council



foodjusticenetwork@theaws.org

FREE

Come and relax in the

'Seed to Fork' Community Garden

Come and explore our Community Garden and enjoy a free lunch with us from the Community Café based on site!

A welcoming space to relax, or get involved with growing plants and food. Everyone is welcome- those with growing experience and those wanting to come in and simply enjoy the space.

Find us at
All Saint's Church, 172
Herbert Road, Small Heath
BIO OPR

Tuesdays 10.30-13.30

Find more information please email: Laura.hackett@theaws.org
Visit our website to find more free activities: www.theaws.co.uk

The Active Wellbeing Society



food justice network.

Thank you to everyone who has contributed to this months info share!!

To see all flyers in full size, available to download to share or print, please see this website or the following QR code:

tinyurl.com/fjndecember23



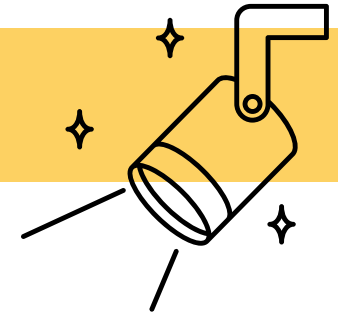
To add your flyer to the next info share, please upload the flyer to the folder with the name of the constituency where your offer/event is being held to this website, or see the QR code below:

tinyurl.com/fjnfutureinfo



food justice network.

Future Info Shares and Newsletters



We will be looking for events, information, stories, showcases, and anything Food Justice Network members and groups working with communities in Birmingham would like to be included in future FJN info shares and FJN Newsletters

Want to share your story?

E-mail us on: foodjusticenetwork@theaws.org

