

# ACP FAMILY WELLBEING CENTRE

*Women's Wellbeing Hub Spring Newsletter*



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## NEW SEASON TIMETABLE



## Wellbeing Services

Spring is in the air! Easter is fast approaching and we are already a quarter of the way through the year. With Covid restrictions now lifted I guess we are all learning to adjust to the new normal. Here at the wellbeing hub we have had a really great start to the year and have slowly started to resume normal *'to the new normal'* services and activities at the centre.

Don't worry though you can still access us virtually too, something we have all embraced and grown through during the pandemic. Our team have been working hard to ensure that families in the community get access to services to support their mental and emotional wellbeing.

Our advice team have been busy supporting clients with getting household fund, benefit claims and helping families feeling more supported financially during a time where the economy has taken a hit as a consequence of the pandemic. ACP have supported around 600 families this year with Household Fund applications. We know that families in receipt of benefits are still struggling to meet everyday living costs. If this is you call our advice team on 0121 687 6767 and ask for support and if we cannot help you we will signpost you to a suitable service to help meet your needs.



International Women's Day 8th March 2022 .

The wellbeing team organised and facilitated the first large gathering of women hosted at Paradise Banqueting Suite in Sparkbrook. The event was a great success and women were able to enjoy a day of inspirational speakers, music, food, hand massages, mehndi and a raffle. Thank you to everyone that attended and if you missed out this year, put it in your diary for next year!

*From Left to Right: Mamoonah, Kam, Shabana, Shela, Sadhana, Vinita and Alkuma*

### Schools Outreach Services supporting parents and families.

We have over the last year developed a strong presence in local schools in the area and have been able to support head teachers and inclusion welfare support workers to deliver a variety of workshops and support sessions to help parents with their wellbeing . Parents have been enjoying yoga sessions, mindfulness, parenting workshops, advice on nutrition for family and children, counselling support and mental health awareness sessions . These sessions have been invaluable for parents and supported them with their own wellness,

Nahid Shafiq Inclusion Welfare Support Worker Conway School 'Kam's yoga classes at Conway have been a huge success over the last term. The parents and I have built up a wonderful rapport with Kam, she has helped us feel at ease and comfortable during sessions, as for many of us it was our first experience of yoga. Kam has an infectious calming and caring nature which made her the perfect start to our Wellbeing Wednesday. Thank you Kam.'

Saira Ahmed Parent Support Advisor from Arden Primary School Sparkhill 'ACP have been a fantastic service for our parents, we have had the Bump and Beyond programme, Wellbeing sessions and health/benefit advice surgeries run by ACP on our school site and all have been received very well. Our parents look forward to the sessions and now visit the centre on Grantham Rd or attend events organised by ACP off our school site.

Vinita, Kam, Dr Huda and Shehla have helped our parents to gain confidence and socialise as well as offer invaluable advice and support. Arden parents and I look forward to working with ACP next term!'

# What's New this year...



## **Highgate Women's Group Wellbeing Wednesday's**

**Come and join us every week for a wellbeing coffee morning, an opportunity to make new friends and try out new activities to support your wellbeing.**

**10:30am-12pm**

**St Patricks Room, St Albans Church, Stanhope Street, Highgate, B12 0YH**

**Free women's sessions to support physical, emotional and mental wellbeing.  
Run by the ACP Wellbeing Team , promoted by Highgate Community Support Limited.**

We have lots more exciting activities coming soon

Women's Book Club

Peer Mentoring Qualification

Walking Group

Run Club

Healthy Lifestyle Programmes for Weight Loss

# NEW SEASON STEP OUT OF YOUR COMFORT ZONE



We all know that physical activity and a balanced diet are key in supporting your wellbeing. Are you getting enough movement in the day? The NHS guidelines remind us for those in the age bracket of 18-64 years old to be active at least three times a week for 45 minutes as long as you are fit and well. Our Cycling Club for women has been a success for many years and then lockdown happened...well we are back with Cycling UK to bring you free weekly sessions and we provide everything you would need to get started! ACP Learn to Ride and Bike Skills Training (for beginners) every Tuesday 9:45am

ACP Led Ride (for experienced cyclists) every Thursday 9:30am

Meeting Point is ACP Family Centre For further information please text or call 07579764468 to find out how to join

## **Contact us**

**General Enquiries: [info@acpgroup.org.uk](mailto:info@acpgroup.org.uk)**

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