

ACP Family Wellbeing Centre

WOMEN'S WELLBEING HUB SUMMER NEWSLETTER



FAMILY FUN DAY JULY 30TH 2022

A lot of fun was had by all that came to ACP's Family Fun Day celebrating community, culture and the Commonwealth Games. Ashiana Family Centre would like to thank the community, vendors and caterers involved in making the event a great success.

Marianne captured above (with Imran from ACP) from the Birmingham Caribbean Community Forum shares her thoughts on the event; **' The BCCF would like to thank everyone for coming out in support of the event held in Farm Park Sparkbrook. We appreciate the unity that was shown in peace and harmony. We would like to acknowledge performers such as vocalist Samara, JB Salassi, the prestigious Sofia steel band and Sislin's Soca dancers and to all the other performers such as DJ Commissioner Benji and Imran who entertained us on the day. Thanks to the local church , Christ Church represented by Father Toby Crow and Sabrina providing entertainment for the children.'**

Thank you to Celebrating Communities funding that allowed us to put on this event, We look forward to hosting more events, that promote community cohesion.

QUEEN'S BATON RELAY RUNNER

LET'S TAKE IT ON



Did you know that Kam from the Wellbeing team was nominated to run in the Queens Baton Relay just before the start of the Official Games? Here she is carrying the baton in Bearwood on Monday July 25th 2022. You will find Kam working in the Wellbeing team supporting both men and women to support their physical, mental and emotional wellbeing drop and email and find out how the wellbeing team can support your needs You can contact Kam at Kamaljit@acpgroup.org.uk. Over the last year we have worked in schools, in community halls, supported wellbeing events in the local area.

Your Wellbeing Matters

Our summer activities have given young people and families some well needed time in the outdoors.

This summer we have run watersports for children and paddleboarding sessions for adults at Edgbaston Reservoir, thank you to instructors at Midland Sailing Club.

Cycling sessions have been running during the summer, here is Shabana our wellbeing manager taking a moment to pause and be in nature whilst on a led cycling ride. Thank you to Cycling Uk and Eco Birmingham

Arts and Crafts Our families Our journey workshop was a great success. Using textiles we explored stories of home and belonging. Thank you Art Works Hall Green





Free Courses and Training

Our training and employer engagement teams have a range of projects and opportunities to help you to upskill, enhance and build your skills.

We have a range of programmes to support people from 18 years and above. If you are unemployed and need support our experienced staff will work with you on a one to one basis.

If you are an employer and looking to support your staff by upskilling them contact us and ask us about our free training and programmes.

Contact

Email; info@acpgroup.org.uk

Telephone; 0121 6876767



Our Social Media platforms help us keep you informed, follow us , tag us, share your stories with us and let's keep inspiring and motivating one another

Facebook - ACP The Family Wellbeing Centre

Instagram - [acp.birmingham](https://www.instagram.com/acp.birmingham)

Twitter - ACP Birmingham

New Season, New School Term...what's coming up ?



Look out for new season timetable

**Fitness and Yoga Sessions
Gardening Therapy
Cycling Groups
Walking/Running Groups
Book Club
Arts and Crafts**

Our wellbeing team have some new exciting projects and activities coming your way as we move into Autumn. We have something for everyone supporting your health and wellbeing. Follow us on social media and keep up to date. We also have a community What's App Group where you can find out about what activities are available locally .

To join the group send us your name and number to 07579764468 .

**We offer free services for men and women
Counselling
Coaching
Domestic Abuse Support
Bump and Beyond Project
Mentoring Training**

Your feedback is valuable, tell us what you would like to see more of in your community.

**You can email us
womenwellbeing hub@gmail.com
Call the main office ask for the wellbeing team
0121 6876767**