

ERDINGTON ACADEMY

Igniting a passion for physical activity

FREE **GIRLS ONLY FOOTBALL SESSIONS** **FREE**

18TH JUNE - 16TH JULY **ERDINGTON ACADEMY** 18TH JUNE - 16TH JULY
KINGSBURY ROAD, B24 8RE

SHE KICKS FOOTBALL
GIRLS IN YEAR 7 - YEAR 9

An informal club focusing on fun, friendships, football skills & a mini games

WEDNESDAY 5PM-6PM

SESSIONS WILL TAKE PLACE ON THE ASTRO TURF PITCH

BOOK NOW All of our Sports Coaches have Enhanced DBS checks and regularly work in schools and on our holiday camps. BOOK NOW

All sessions are free and can be booked by scanning the QR code or visiting <https://bookings.kssp.co.uk/list>

For further information call 0121 6881359

Igniting a passion for physical activity

FRIDAY 1ST AUGUST 2025

WHAT TO EXPECT:

- Bracelet making
- Relaxation Corner
- Bollywood Dancing
- Face Painting
- Henna
- Football
- Raffle Draw and much more!

COMPASS FUN DAY

FREE FOR ALL!

JOIN US FOR SOME FAMILY FUN!

11 AM - 3 PM
Dolphin Centre at Ward End Park Rd, Birmingham B8 2HB

*Children must be accompanied by an adult. Water will be provided!

FREE KAYAKING!

Children 8 + only. Under 12s must be with an adult

30 TH JULY	12 - 1:15 PM
6 TH AUGUST	2 - 3:15 PM
13 TH AUGUST	4 - 5:00 PM
20 TH AUGUST	

THE BOAT INN Car Park - Old Kingsbury Rd, Sutton Coldfield, B76 9AE

For more information contact Stuart:
stuart@environmentaltrust.org.uk
07570 241 759

Please give your name, date and preferred time to book

BIRMINGHAM SETTLEMENT PRESENTS

Neighbourhood FUTURES FESTIVAL

26-29 JUNE 2025 | 10AM-5PM

FREE ENTRY! EXPECT:

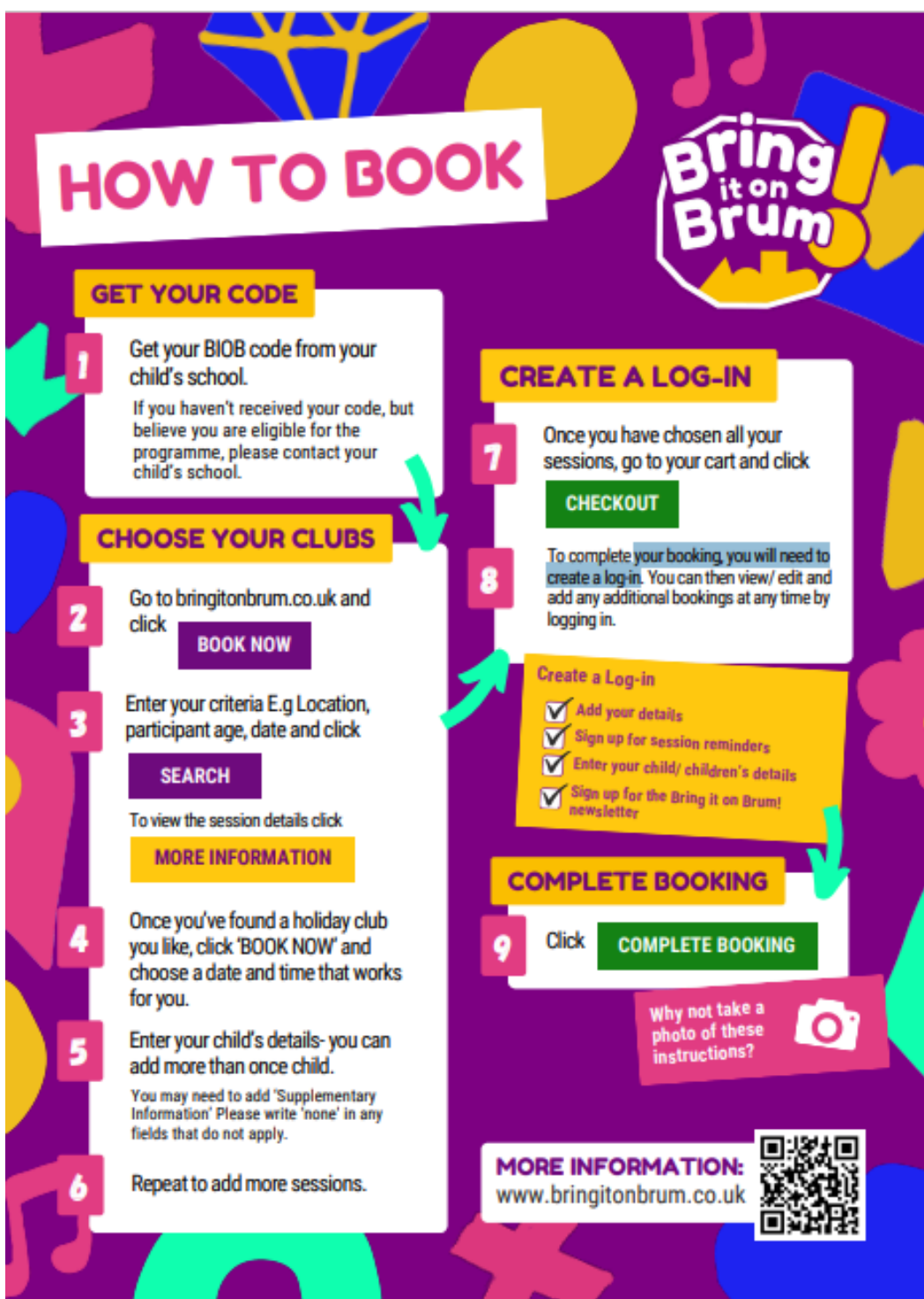
FAMILY THEATRE WELLBEING SESSIONS LIVE MUSIC
YOGA CREATIVE WORKSHOPS FOREST SCHOOL
STORYTELLING ARTS DROP-INS MEET NEIGHBOURS
TALKS NATURE CRAFTS HANDS-ON WORKSHOPS
COMMUNITY STALLS OPEN MIC SKILLS SHARE BIKE REPAIR CAFÉ
FOOD STALLS SILENT DISCO NATURE ZONE KIDS PLAY AREA
GUIDED NATURE WALKS ENERGY & MONEY ADVICE SUSTAINABLE FUTURES
YOUTH & CLIMATE ACTION DAY 27TH JUNE WITH COMMUNITY PICNIC, YOUTH PANEL, WELLBEING SESSIONS, CRAFTS, NEIGHBOURHOOD LITTER PICK
PLUS! CRAFTS & FOREST SCHOOL ACTIVITIES FOR CHILDREN & FAMILIES

FOUR DAYS OF WELLBEING, NATURE & CONNECTION IN THE CITY
BIRMINGHAM SETTLEMENT NATURE & WELLBEING CENTRE @ EDBASTON RESERVOIR, B16 0SL

EXPLORE ALL 4 DAYS

UNIVERSITY OF BIRMINGHAM Centre for BIRMINGHAM Settlement

Registered charity no 517303 www.birminghamsettlement.org.uk natureandwellbeing.birminghamsettlement.org.uk



Department for Education funded holiday clubs in Birmingham.
BIOB CODE: 3302168

Simply School Supplies C.I.C

If you or someone you know need support with school uniform and supplies we are here to help with heavily discounted and free pre-loved uniform.

School Uniform Pop-Up with St Columba's Church 'Crafternoon' located at St Columbas C of E Church, Banners Gate Rd, Sutton Coldfield B73 6TX.

Come along for Kids Crafts, refreshments and games for all!

Sunday 20th July 2025 - 4 till 5pm

Sunday 17th August 2025 - 4 till 5pm

Sunday 21st September 2025 - 4 till 5pm

Sunday 19th October 2025 - 4 till 5pm

Pop-ups held every third Sunday of the month between 4 - 5pm

30 Hours Childcare!

From this September, 15 hours childcare for working families with children under 3 will expand to 30 hours, meaning eligible working families can now apply for 30 hours of childcare from the term after their child turns 9 months until they reach school age.

Apply online via GOV.UK

Charity Shop Now Open!
Tues-Fri
10am-3pm

Birmingham Settlement Sports & Community Centre Timetable

birmingham settlement
developing communities, changing lives

We encourage a voluntary £2 donation to support the ongoing costs of our charitable activities

SUN MON TUE WED THU FRI SAT

WARM WELCOME SPACE MONDAY TO FRIDAY 10am - 2pm

Weekday Activities
9am - 5pm

Tai Chi (50+)
11am-12pm

Barclay's Community Banking
9.30am-4.30pm

Dance Fit (50+) (term time only)
10am-11.30am

Little Settlers (Stay, Learn & Play)
10am- 12pm

GYM Inductions
2.30pm - 4.30pm

GYM Women's Hour
4.30pm - 5.30pm

Mumba
9.30am - 10.15am

Morning Craft Crew
10am-12pm

Art Group
10am - 12pm

Wellbeing Workshop
10.30am-12.30pm

Chair Pilates
12pm-1pm

Women's Group
1pm - 3.30pm

Barclay's Community Banking
9am-4.30pm

GYM Over (50+)
9am - 10am

Little Settlers (Stay, Learn & Play)
10am-12pm

Bowls Group
10am - 12pm

Yoga
1pm-2pm

GYM Mom's Group
9am - 10am

GYM - Women's Hour
10am - 11am

Cuppa & Chatter (50+)
10.30am-12.30pm

Racket Sports
1.30pm-3.15pm

Last Saturday of the Month

Book Club
10am - 12pm

Kids Party
1pm - 3pm

BARNARD'S

Cygnnet Autism Support Programme.

Do you live in Birmingham?

FREE online and face-to-face courses available to parents or carers looking after children and young people who have a **diagnosis of autism**, is on the **pathway to an autism diagnosis**, or is **suspected of having autism**.



What does it cover?

Session 1 – An introduction and overview of autism with parent and carer experience

Session 2 – Thinking and sensory

Session 3 - Social interaction and communication

Session 4– Understanding and supporting behaviour

Session 5 – Analysing behaviour

- Weekly sessions. Sessions last between 2.5-3 hours.
- Meet parents with similar experiences.



Please use the QR code to book onto one of our courses!



CALL US:
07386219724



REFER A CHILD



Email

Agencies to email support@senaid.co.uk with consent from family. Provide contact details and overview of concerns.

Families can also self refer via support@senaid.co.uk



Telephone

Parents/carers/educators: Call directly on 07386219724 to refer.



Important notes

All referrals are treated with strict confidentiality. We adhere to data protection regulations to safeguard personal information. For urgent enquiries, please call our helpline on 07386219724.

At SENAIID, we are committed to supporting children and young people with special educational needs and disabilities (SEND) and their families



**ST GERMAIN'S
WELLBEING**

FEELING LOW? WORRIED? ANGRY? STRESSED? DON'T SUFFER IN SILENCE

St Germain's Wellbeing can help you!

Our **FREE** service offers 4-6 one-to-one support sessions face to face or over the phone for anyone 18+



**WEEKLY
ONE-TO-ONE
SUPPORT SESSIONS**



**SELF-HELP
TIPS AND
SKILLS**



**A
NON-JUDGEMENTAL
LISTENING EAR**



**SUPPORT
ACCESSING OTHER
SERVICES THAT CAN
HELP**

"I could talk without feeling judged. I learned new useful techniques to help with my anxiety."

WE CAN HELP YOU

PLEASE GET IN TOUCH WITH OUR FRIENDLY TEAM
WELLBEINGHUB@STGERMAINS.ORG.UK OR CALL 0121 517 0476

St Germain's Church
City Road
Edgbaston
B17 8LE

www.stgermainswellbeing.org.uk
@stgermainswellbeinghub

Pause.

WELLBEING WORKSHOPS

ART &
CRAFTS

MINDFULNESS

CREATIVE
WRITING

MAKE NEW FRIENDS
LEARN STRATEGIES & SKILLS
DEVELOP YOUR CONFIDENCE

The Children's Society

ForwardThinking
Birmingham