



Update from Birmingham Settlement Nature & Wellbeing Centre

NEIGHBOURHOOD UPDATE!

Summer Edition 2024



SUMMER NEWS!

Welcome to our summer update! It's a busy time on site with new projects underway, the first of the home-grown produce ready and a fun summer programme for children and families.

Thanks to all who came down to the Neighbourhood Futures Festival in June, we welcomed over 1,500 attendees over four days for a brilliant community event. Turn the page to see what we got up to!

Finally, if you'd like to benefit from time outdoors, get in touch, we have something for everyone!

WHAT'S ON FOR FAMILIES?

Want to get kids off screens this summer? We have lots on for children and families from Mini Olympics to Wild Play and Campfire Cookouts. Or, why not bring a picnic and simply enjoy our lovely green space!

To see the full programme visit: www.birminghamsettlement.org.uk



POND DIPPING AT ECO CLUB



CAFE OPEN:
Mon - Fri
9am - 3:30pm

Birmingham Settlement Nature & Wellbeing Centre Timetable



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

SUN	MON	TUE	WED	THU	FRI	SAT
Eggbaston Reservoir Running & Wellbeing group 9.30am-11.30am 	Morning Yoga 9.30am-10.30am Health & Wellbeing Group Drop-in! 10.30am-12.30pm Wellbeing Workshop 1pm-3pm Sewing for Beginners 1pm-3pm	Dog Walk & Talk 8.30am-9.30am Little Settlers Nature Club 10am-12pm Beginners Archery Class 1pm-2pm	Volunteer with us! Friends of the Field Volunteer Day 10am-2pm Growing Together for 50+ 11am-2pm	Arts and Crafts Group 10.30am-12pm Plant with Pat 10.30am-12pm Tai Chi 1.30pm-2.30pm	Dog Walk & Talk 8.30am-9.30am Volunteer with us! Friends of the Field Volunteer Day 10am-2pm	



SUMMER IN BLOOM AT THE NATURE & WELLBEING CENTRE



VOLUNTEERS NEEDED!

Can you spare a few hours a week to volunteer? Make new friends, meet new people and make a positive impact on your local environment and community by getting involved with green volunteering!

Interested? Drop Sam a message on **07535524113** or email **volunteer@bsettlement.org.uk**



WE WANT YOU!

Activities include:

- Gardening, orchard planting, weeding, tending flower beds, growing, general handiwork
- Serving in the Red Shed Community Café
- Supporting events



GROWING FOR WELLBEING

There is a wealth of evidence linking good mental and physical health to time outdoors. At the Nature & Wellbeing Centre, there are many ways you can reap the benefits of nature! Join our beginners gardening group 'Plant With Pat', get involved with green volunteering or learn new skills through 'Growing Together' - a project for the over 50s incorporating outdoor activities with exercise, time in nature and crafts. Get in touch for more!



HOME GROWN PRODUCE TO TAKE AWAY!



FESTIVAL FUN: BANGRA DANCING, MUSIC AND THEATRE



ENJOYING AN AMPHITHEATRE PERFORMANCE AT THE 2024 NEIGHBOURHOOD FUTURES FESTIVAL

GET IN TOUCH

For more information email us on **natureandwellbeing@bsettlement.org.uk** call **0121 250 0771** or drop in Mon-Fri 9am- 4pm.

 **natureandwellbeingcentrebirm**

 **BirminghamSettlementNatureWellbeingCentre**

FIND US AT

Birmingham Settlement Nature & Wellbeing Centre, 79 Selywn Road, Edgbaston Reservoir, B16 0SL.

www.birminghamsettlement.org.uk



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