

YOUR COMMUNITY UPDATE!

Summer Edition 2024



COMMUNITY GYM NOW OPEN!

CHARITY SHOP OPEN!
Tues - Fri
10am - 3pm

SUMMER NEWS

Welcome to your community update from the Birmingham Settlement Sports & Community Centre!

Our sport and fitness offer has boomed over the last few weeks, and we are delighted to announce our new Community Gym is open, so book your induction and get started on your fitness journey!

Family Sports Thursdays have been busy with everything from Euros-themed sessions to new sports and games! Why not get involved with Tai Chi, Yoga or Pilates, drop-in for a friendly cuppa and see what we're all about!



WHAT'S ON THIS SUMMER?

Inspired by the Paris Olympics? Our action-packed timetable has plenty of activities for children, families and over 50s. From 'Little Settlers Stay & Play', family crafts, a gardening group, games and sports, and family mini 'Olympics' - sure to be a weekly highlight! For the full timetable, visit our website:

www.birminghamsettlement.org.uk



SUMMER FUN AT FAMILY SPORTS THURSDAYS



EUROS FOOTBALL THEMED SPORTS SESSIONS

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

Birmingham Settlement Sports & Community Centre Timetable

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

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|--|---|-----|
| Charity shop open 10am - 3pm | | | | | | |
| <div style="border: 1px solid black; border-radius: 50%; padding: 5px; background-color: #e91e63; color: white; text-align: center; margin-bottom: 10px;"> <p>Community Gym Open! Tues & Wed: 9am-3:30pm Thurs-Fri: 9am - 6:30pm Fri: 9am - 1:30pm</p> </div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: left;"> <p>Little Settlers (Stay, Learn & Play) 10am-12pm</p> <p>Tai Chi (50+) 11am-12pm</p> </div> <div style="text-align: left;"> <p>Barclay's Community Banking 9.30am-4.30pm</p> <p>Family Fun Hub (crafts, gardening, sports etc...) 1pm-2.30pm</p> <p>Panthers Judo Club Little Ones 6-6.45pm Big Ones 7-8.30pm</p> </div> </div> | <div style="text-align: left;"> <p>Barclay's Community Banking 9.30am-4.30pm</p> <p>Family Fun Hub (crafts, gardening, sports etc...) 1pm-2.30pm</p> </div> | <div style="text-align: left;"> <p>Arts Group (50+) 10am-12.30pm</p> <p>Wellbeing Workshop 10.30am-12.30pm</p> <p>Family Fun Fitness (games, exercise & more) 10.45am-11.30am</p> <p>Chair Pilates 12pm-1pm</p> <p>Choir (50+) 1.30pm-2.30pm</p> <p>Family Mini 'Olympics' 2pm - 3pm</p> <p>Learning Disability Group 7pm-9pm</p> </div> | <div style="text-align: left;"> <p>Barclay's Community Banking 9am-4.30pm</p> <p>Little Settlers (Stay, Learn & Play) 10am-12pm</p> <p>Bowls Group (50+) 10am-12pm</p> <p>Yoga 1.30pm-2.30pm</p> <p>Family Creative Hub 4.30pm-6.30pm</p> <p>Family Sports Thursdays 5pm-7pm</p> </div> | <div style="text-align: left;"> <p>Cuppa & Chatter (50+) 10.30am-12.30pm</p> <p>Zumba 1.30pm-2.30pm</p> <p>Family Racket Sports 1.30pm-3pm</p> <p>Learning Disability Group 7pm-9pm</p> </div> | <div style="text-align: center;"> <p>Foodcycle 1pm (serving time)</p> </div> | |



VOLUNTEERS NEEDED!

Can you spare a few hours a week to help out at our centre? We'd love to hear from you!

Volunteering is a great way to meet new people, learn new skills and make a positive impact in your community.

To be part of our friendly team, drop Adele a message on 07710856186 or email volunteer@bsettlement.org.uk



Activities include:

- Help in the charity shop - sorting donations & serving customers
- Office & admin support
- Health & social care - volunteer with sessions & groups

COMMUNITY GYM NOW OPEN IN KINGSTANDING!

Great news! Our gym is open for business! We welcome everyone to our friendly gym, whether you are a regular gym-goer, or a complete beginner. You'll find brand new cardio equipment, yoga mats, dumbbells and medicine balls. Plus, our trained staff are on hand to support you, so if it's your first time, don't worry! Visit our website for more information on opening hours, inductions, bookings and costs.



COMMUNITY GYM KITTED OUT & READY TO GO!



MAKE NEW FRIENDS AT AGEING WELL CUPPA & CHATTER EVERY FRIDAY



LITTLE SETTLERS STAY, LEARN & PLAY FOR 0-5S EVERY MONDAY & THURSDAY



SPORTS PITCH COMING SOON!

Watch this space for our shiny new multi-purpose pitch funded by the Football Foundation. Follow us on social media to stay up-to-date on progress...we hope you are as excited as we are!



FIND US AT...

Birmingham Settlement Sports & Community Centre, 610 Kingstanding Road, Birmingham, B44 9SH.

www.birminghamsettlement.org.uk

GET IN TOUCH

For more information email us at sportsandcommunity@bsettlement.org.uk call 0121 250 0770 or drop in Mon-Fri 9am-4pm to chat to a member of the team.

[birminghamsettlement1899](https://www.instagram.com/birminghamsettlement1899)