



YOUR COMMUNITY UPDATE!

Autumn Edition 2024



COMMUNITY GYM OPEN!
Tues - Fri
9am - 4pm

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

AUTUMN NEWS



Welcome to your Autumn update from the Birmingham Settlement Sports & Community Centre!
As the leaves change and the air grows crisp, we're reflecting on a busy summer. Our Community Gym is now open and inductions are underway with our qualified gym instructors. If you haven't already checked it out, just ask a member of staff! We're also excited to share that construction of our multi-purpose sports pitch, funded by the Football Foundation, is coming along nicely and carpark renovations are progressing to improve access to our centre. More coming soon!

WHAT'S ON THIS AUTUMN?

With Autumn upon us and half term fast approaching, we have lots of exciting activities to keep you busy as the nights draw in. Try out our new craft group, make friends at Cuppa & Chatter, and get active with circuits and Zumba. Check our full activity timetable on the 'What's On' tab on our website, and find out more about our half term activities overleaf.

www.birminghamsettlement.org.uk



JOIN OUR FRIENDLY COMMUNITY GYM!



EXCITING SPORTS PITCH PROGRESS...

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

Birmingham Settlement Sports & Community Centre Timetable



We encourage a voluntary E2 donation to support the ongoing costs of our charitable activities

SUN	MON	TUE	WED	THU	FRI	SAT
Charity shop open 10am - 3pm						
<p>Community Gym Open: Tuesday - Friday 9am - 4pm</p>	<p>Tai Chi (50+) 11am-12pm</p>	<p>Barclay's Community Banking 9.30am-4.30pm</p> <p>Dance Fit (50+) (term time only) 10am-11.30am</p> <p>Little Settlers (Stay, Learn & Play) 10am-12pm</p> <p>Panthers Judo Club Little Ones 6-6.45pm Big Ones 7-8.30pm</p>	<p>Morning Craft Crew 10am-12pm</p> <p>Arts Group (50+) 10am-12.30pm</p> <p>Wellbeing Workshop 10.30am-12.30pm</p> <p>Circuits (term time only) 10.45am-11.30am</p> <p>Chair Pilates 12pm-1pm</p> <p>Learning Disability Group 7pm-9pm</p>	<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 Sports Thursdays 5pm-7pm</p>	<p>Cuppa & Chatter (50+) 10.30am-12.30pm</p> <p>Zumba 1.30pm-2.30pm</p> <p>Racket Sports 1.30pm-3.15pm</p> <p>Learning Disability Group 7pm-9pm</p>	<p>Foodcycle 1pm (serving time)</p>



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



We ♥ our Volunteers

Opportunities include:

- Reception & admin support
- Help in the charity shop - sorting donations & serving customers
- Activity support at our timetabled sessions
- Handy person - help with odd-jobs, gardening etc

OCTOBER HALF TERM ACTIVITIES...

This half term, we have lots of family friendly activities planned at our Sports & Community Centre to keep everyone entertained. Join us for... racket sports, family yoga, and spooky Halloween sessions including decoration making and a Halloween-themed 'Sports Thursdays' session on the 31st October. See our website for more.



ANNUAL ART EXHIBITION

Our 50+ Arts Group had fun showcasing all of their wonderful artworks at the Annual Art Exhibition on 16th October 2024.



LITTLE SETTLERS STAY & PLAY



ANNUAL ART EXHIBITION PREPARATIONS



ART EXHIBITION WINNER - BRIAN GARBETT

GET IN TOUCH

If you would like to volunteer, attend one of our sessions, or simply learn more about what we do, get in touch with the team at sportsandcommunity@bsettlement.org.uk call 0121 250 0770 or drop in Mon-Fri 9am-4pm to chat to a member of staff.

FIND US AT...

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

www.birminghamsettlement.org.uk

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

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