



Update from Birmingham Settlement Nature & Wellbeing Centre

NEIGHBOURHOOD UPDATE!

Autumn Edition 2024



AUTUMN NEWS!

Welcome to your Autumn update from Birmingham Settlement Nature & Wellbeing Centre! The eagle-eyed among you may have noticed a new area in development on site - thanks to funding from Ladywood NNS we're busy putting the finishing touches to the **new Creative Shed** - a dedicated workshop for woodworking and creative projects with **older adults and people with disabilities**. We're starting to hunker down for the winter - the last of the harvest from our grow beds is being used at the **Red Shed Community Café** - why not pop in to try our warming soup!

WHAT'S ON?

Although the weather is changing it's still just as important to spend time outdoors - and there's plenty of opportunity for that, with Yoga and Pilates, and our Social Walk & Talk group! For children and families, we're delighted to be joined by the RSPB over Half Term to explore the wonderful world of Swifts. For the full what's on, visit: www.birminghamsettlement.org.uk

OUR PUMKIN PATCH!



VOLUNTEERS FROM BT OPENREACH HELPING BUILD THE NEW CREATIVE SHED



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
Edgbaston Reservoir Running & Wellbeing group 9.30am-11.30am 	Morning Yoga 9.30am-10.30am Roots Forest School (booking required) 10.30am-12pm Social Walk & Talk All welcome! 10.30am-12.30pm Branching Out Group (starting Mon 6th Oct) 1pm-3pm Tai Chi 2.30pm-3.30pm	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 	Nature Navigators! All ages welcome 10am-12pm Plant With Pat Beginners Gardening 10.30am-12pm Tai Chi 1.30pm-2.30pm Chess Club 2pm-3pm 	Dog Walk & Talk 8.30am-9.30am Volunteer with us! Friends of the Field Volunteer Day 10am-2pm Drop-in arts & crafts for wellbeing with Pinky! 10am- 2pm Creative Shed 12pm- 3pm	

79 Selwyn Road B16 6SL



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Registered charity no 517303

www.birminghamsettlement.org.uk

MEET OUR NEW VOLUNTEER CO-ORDINATOR!

You might have spotted a new face on site in recent months - meet Maria, our new Volunteer Co-ordinator! Maria is working across the organisation ensuring everyone feels valued, connected and supported.

"I love the diversity of our volunteers and the skills and life experiences they bring." Since joining, Maria has been developing

pathways to make volunteering with us simpler and more welcoming for everyone. She hopes to build a strong volunteer network and be the go-to person for all things volunteering across Birmingham Settlement! Check out 'News' on our website for the full interview!

To find out about volunteering with us, drop Maria a line on volunteer@bsettlement.org.uk



Branching Out!

Branching Out is a new project providing structured and supported sessions with purpose for people with learning disabilities.

- Sensory activities in nature
- Gentle gardening & movement
- Practical skills & crafts



To get involved, speak to project officer Eamon on 07497 519 736 or email natureandwellbeing@bsettlement.org.uk

OPEN DAY: 14TH NOV 11AM-3PM

Join the team to find out more about our projects and support!

- Guided tours of our 3 acre site
- Try out woodworking!
- Meet the Settlement team
- Tea, coffee & refreshments
- Drop-in for as long as you want!

FIND US AT

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

www.birminghamsettlement.org.uk



PRODUCE GROWN ON SITE, AUTUMN AT ROOTS FOREST SCHOOL



CAMPFIRE COOKING AT YOUNG BUNCH HOLIDAY CLUB

GET IN TOUCH



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



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