

# HAPPY HANDSWORTH, LOZELLS AND ASTON

An official Active Communities Newsletter



WRITTEN BY DEE

## Welcome

Welcome everyone to our second newsletter for the Handsworth, Lozells and Aston area

Here are some of the things that have been happening in your area and events that are going to take place. We hope you enjoy reading this, if you have any suggestions, stories or events you would like to have on here please contact us as we want the newsletter to be valuable to you!

<https://theaws.co.uk/>





## Creative Activities with Saheli Women

I visited Handsworth Play Centre which is attached to the side of the Handsworth Wellbeing Centre on a glorious sunny day, it was lovely to walk inside and see women taking part in knitting, croquet, chatting using their photography skills they had been taught by local photographer Dan Bruwood for their project Visualising Women's Voices a photographic story of local women's lives and views. There were activators delivering facial workshop on basic skin care and how to handle and treat your face, also the application of make-up. Women socialising, enjoying each other company and getting involved with the activities or just sitting and enjoying the moment!

## Get Creative Week

Are you interested in Get Creative Week 11th -19th May? It's a national event where everyone can celebrate and showcase their creativity such as a local community group, societies, a choir, photographer anyone who wants to share a skill and run classes or put on an event and bring some colour, culture and happiness to you community. If you would like to put on a session please click on the link and read all the information then contact us with your proposal and we can help pull everyone together for event for Handsworth, Lozells and Aston area!

<https://tinyurl.com/y5vrblc6>

## Hub in the Community for the Community

I visited the Lozells Methodist Community Centre to discover what they had on offer, and they sure did surprise me! I met Eddie Aigbe the community organiser and artist he took me on tour of the building and explained the history of the place.



So, if you fancy drumming lessons, craft, dance and exercise classes session or need support with housing or benefit claims, help with writing your CV or applying for jobs they have staff there to support and help, they also have ESOL (basic English) lessons are available. Maybe you fancy chatting over a cup of coffee & meet new people or in need of some warm soup for a tasty snack then why not pop in, instead of maybe sitting alone at home, maybe you just need break from your four walls? Take a stroll to the community centre and surprise yourself.

### Nursery places for 2-4-year old's

Contact RAHELA: 07549 112 068/0121 241 3938

### Free School Holiday activities

Contact reception 0121 5549360 to check on the program of activities. They also have a fully refurbished dance studio and a variety of rooms for hire for an event or activity so feel free to contact them to discuss your requirements.

Address: Lozells Road, 163 Gerrard Street, Lozells B19 2AH

Tel: 0121 554 9360

Email: [info@lozellsmc.co.uk](mailto:info@lozellsmc.co.uk)

## Activities in your Area

What do you do with yourself sometimes when you are stuck in the house and feeling bored, maybe lonely, would like to try something different? Would you like to meet up with people for a chat and some company?



The Active Wellbeing Society offer group walks, exercise, family fun games, lead bike rides, Zumba and Qi Gong if you visit the website and type in your post code it will give you information on all the free activities in your area!  
<https://theaws.co.uk/>

### Yoga at Soho House, Soho Avenue, Birmingham

Yes, its back free yoga, coffee and chat for women only at Soho House in the mornings dates and times to be confirmed around the start of April with one of our partners Legacy WM so watch this space!

### Asian Resource Centre, Hampstead Road

Walking group

Tuesday at 11.00am with Sally, Naeem and Juna

### Aspire and Succeed, 3 Carpenters Road, B19

Every Wednesday 12.00-2.00pm

Cycling in George's Park

### Handsworth Wellbeing Centre, Holly Road

Monday and Friday mornings

9.30am with Clinton

We are looking to offer walking football and cricket are you or know anyone who may be interested? Email us at: [activecommunities@theaws.org](mailto:activecommunities@theaws.org) and leave your details with your interest, thank you.

Do you have a story, know of someone or a group that have done something amazing in your community that we could write about in your newsletter?

Do you have a community event, you would like to promote?

Please drop us a line at the email address

E: [ActiveCommunities@theaws.org](mailto:ActiveCommunities@theaws.org)

T: 0121728 7030

W: [www.theaws.co.uk](http://www.theaws.co.uk)