

Warmth & Welcome

at



St Germain's
Community Hub



St Germain's

On: Mondays 11:30am – 2:30pm

Community Café; Activities; Information, Advice & Guidance Drop-in

On: Wellbeing Wednesdays 09:30 – 10:30am; 2:30 – 3:30; 3:30 – 4:30pm

Exercise sessions for women, men and families

On: Thursdays 10am – 1:30pm

A space to chat, play games, followed by chair based exercise

On: Fridays 11:30am – 2:30pm

Community Café; Activities; Information, Advice & Guidance Drop-in

At: St Germain's Church, City Road, Edgbaston, B17 8LE

*There is always lots for everyone to do at St Germain's Community Hub
- from a meeting and eating space, to taking part in a wide range of activities, and learning
new skills, to being able to get advice and support*

To find out more please contact: Heather

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Supported by:

**THRIVE
TOGETHER
BIRMINGHAM⁺**

