

# Community Services Activities

*Free activities for adults of all ages*

Day	Activity	Time	Location
Monday	Job club*	10:00 - 14:00	Springfield Centre
	Mindful Movement	1:30 - 2:30	Springfield Centre
Tuesday	Entry English & Maths (2 days)*	9:30 - 2:30	Jamatia Islamic Centre
	Feel Good Fitness (Ladies Only)	1:00 - 2:15	Sparkhill Pool & Fitness
Wednesday	<b>Creative Wednesday:</b> <ul style="list-style-type: none"> <li>• Beginners' Art Class</li> <li>• Sewing Community</li> <li>• Crafting Community</li> </ul>	1:00 - 3:00	Springfield Centre
Thursday	Entry English & Maths (2 days)*	9:30 - 2:30	Jamatia Islamic Centre
	Cooking Group	12:00 - 2:00	Springfield Centre
	<b>Place of Welcome:</b> <ul style="list-style-type: none"> <li>• Housing, benefits, debt advice</li> <li>• Free food &amp; internet access</li> <li>• Knitting and friendship</li> <li>• Personal IT Support</li> <li>• Board games and snooker/pool</li> <li>• Variety of workshops</li> </ul>	1:30 - 4:00	Springfield Centre
Friday	Women's Wellness & Fitness!* (Ladies Only)	9:30 - 10:30	Springfield Centre
	Bolly Cric-hit* (Ladies Only)	11:00 - 12:30	Springfield Centre

\* Register interest at Reception

04/02/19

Times are subject to change, please check with reception.



**NHS**  
Birmingham South Central  
Clinical Commissioning Group