

# ADHD AWARENESS



On 14th August, one of our Occupational Therapy students will be presenting her workshop on the effects of ADHD and how it affects people from minority backgrounds.

In this workshop you will learn some of the coping strategies that can be implemented for individuals with ADHD and how as friends and families we can support those diagnosed with ADHD,

**14th August**  
**Time: 12 Noon - 2pm**



## Creative Wellness Workshop

Join us this August for a "Creative Wellness: Exploring Mental Health through Arts and Crafts" workshop that focuses on using creativity to improve mental health.

This interactive workshop encourages individuals of all ages to participate in therapeutic art exercises that aim to reduce stress, encourage calmness, and help with emotional release.

The workshop will also include the exploration of mindful colouring, creative art tasks, and a group art project in a supportive and calming setting. No need for artistic skills, just be open to exploring and being creative!

**7th August**  
**Time: 11am - 1pm**

# On Your Bike

Have you always wanted to learn how to ride a bike?

Would you like to learn how to fix your bike?

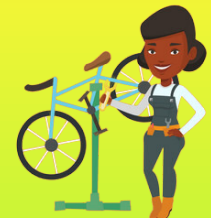
Or maybe you just enjoy riding and like to stay active?

If so, join our new project and Get Active on your "bike."

Funded by the Big Bike Revival Project, we will be offering 12 weeks of bike sessions.

**Every Thursday for 12 weeks Starting**  
**- 18th July - 26th September**  
**Time: 11:30 am -1:30 pm**

**First session is a learn to fix it.**



# Cooking With Kuumba

At

West Bromwich Community Centre



SACMHF has teamed up with Groundwork GWMM to provide a weekly cooking service at the West Bromwich Community Centre for those who are experienced or novices.

**1st August**

**10am - 12 Noon**

**Every Thursday**

Follow us on:



@Sacmhf



@Sacmhf1



@KuumbaF

# Contact Us



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# Visit Us

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Registered Charity Number: 1082017



# WHAT'S ON AT KUUMBA



**August**

**2024 Edition**

\*Note: Activities are subject to change