

NECHELLS POD NEWSLETTER



September 2019: Edition 25

Happy, Healthy Holidays

Our summer was very successful, with a wonderful four week Happy, Healthy Holidays scheme. POD Staff and volunteers worked extremely hard and managed to offer healthy food, fun fitness activities and creative arts & crafts sessions for the 55 children who attended the programme. We also ran four day trips with over 100 Nechells residents attending each trip, we visited Bosworth Water Trust, Stourport, Telford Town Park and Stratford Town Centre.

We had loads of brilliant feedback from all of the children and families that joined us during the summer. It was a great privilege to spend time with such lovely, kind and happy children.

Head over to our Facebook page to check out more photos from the summer scheme.



Course Enrolment

For the first two weeks of September we have both Joseph Chamberlain College and Workers' Educational Association here enrolling new and existing students for courses that will be taking place at Nechells POD. If you are interested in joining a course then come into the POD to find out more.





A great start for babies and children

Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

"I will be recommending this course to everyone. Thank you for this life changing opportunity."

Free HENRY Group Programme starting soon:

Starting on Fri 13th Sept, at Nechells POD.
Enrol NOW at Nechells POD, 28 Oliver St, B7 4NX

www.henry.org.uk **Pick up a flyer for more information**

We have a brilliant opportunity for parents with children under 5 years old starting here on Friday 13 September. This free 8 week course with HENRY is aimed at helping you to provide a happy, healthy and supportive environment for the whole family and will cover important topics such as:

- Parenting confidence.
- Physical activities.
- Dieting ideas.
- Family lifestyle habits.

If you or someone you may know is interested in joining then please contact Nechells POD to sign up

Weekly Activities

Monday

- Walking Group 9:15-10:30
- Job Club 9:00-11:00
- Debt Advice 9:30 – 15:00
- Men's only Fitness 10:30 – 11:45
- Place of Welcome Stay and Play 1:00 – 14:30

Tuesday

- Tai Chi 9:30-10:30
- ESOL 10:30-12:00
- Tots Time 11:00-12:00

Wednesday

- Introduction to fitness 9:30 – 10:30
- FiN Fitness 10:30-11:30
- Coffee & Chat 11:30-12:30
- Credit Union 11:30 – 12:00

Thursday

- Parent and Child Language Course 9:00-10:30
- Parent and Child Language Course 10:45 – 12:15
- ESOL 10:30-12:00

Friday

- Place of Welcome 9:00-11:00
- ESOL 9:30 – 11:30

Noran's News

Welcome back to Nechells POD after a busy summer. I hope everybody had a relaxing time and that you are now ready to join in all the fun activities we continue to offer. This is also a great time to sign up to courses run by JCC and WEA, there are lots to choose from so why not come in and see if there is something for you. Call into The POD to pick up our new time table and have a chat with staff about what is happening.

Here are some dates for your diaries:

Friday 22 November 9.30am Charity/CIC AGM

Friday 13 December 12.30pm Festive Community Lunch

Some sad news, we heard this week that Anora (Julie) Miller, one of our regular participants has passed away. Anora was a real character! She worked tirelessly on our raised beds, which are now showing the fruits of her labour. Always very generous, Anora would bring in some interesting drink concoctions for us to try. She was always the first to sign up for trips and activities, we have happy memories of her showing us her moves at the Motown nights. Anora was very supportive of Nechells POD and led the way in collecting sponsorship for Paul's bike ride. Anora Will Be Greatly Missed!

Noran.



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