



Wellbeing *Wednesdays!*

**Allens Cross Community Centre,
Birmingham. B31 1RH**

Drop in any time between 12.30pm and 2.00pm

**Chat &
Connect**

**Gardening
and seed
planting**

**Smoothie
making and
exercise**

**Arts, Crafts
& Games**

**Families,
children, all
ages and
abilities
welcome!**