

# Family Fit Programme Autumn 2016



Families living in the Handsworth and Lozells areas are invited to take part in the 'Family Fit' Programme. 'Family Fit' is Legacy WM's commitment to working with local families to improve their health and well-being. Joining the programme is free and easy and you will be able to access physical activity as well as healthy living workshops and regular health checks.

Just come along to the activity and we will **register you** onto the programme.  
Children taking part in activities must be aged **8 years or over** and accompanied by an adult

All sessions are £1.00 unless you are no recourse to public funds.

The Healthy Living Workshops are free to attend.

Martial Arts is £3.00 per session. No concessions available. Places are limited.

You will need to call Zen Shi Academy on 0121 233 2577 to book a place.

The Family Football, Badminton and Plate by Zumba is £2.00 per session.

**If you need further information, call the Family Fit Team:**

**07469893326 or 07469925357 or 0121 348 8158/8159 or email [info@legacy-wm.org](mailto:info@legacy-wm.org)**

## Family Fit – Physical Activity Timetable

Activity	Venue	Start Date	Day and Time	Additional Info	Trainer
Zumba	Westminster School Stamford Road B20 3PN	Monday 30 <sup>th</sup> September 2016. No class during school holidays.	Mondays 9.00-10.30am	Women only. Loose clothing, trainers, water. No advance booking required.	Shamsun/Dawn
Adult Badminton	King Edward's Handsworth School for Girls,	Monday September 2016	Monday September 20:00-22:00	.	Harun
Zumba	Lozells Recreation Group (LRG), 2 Graham Street, Lozells, B19 1QY	Tuesday 20 <sup>th</sup> September 2016	Thursdays 9.30-10.30am	Women only. Comfortable clothes. Water. No advance booking required.	Shamsun
Plate by Zumba	Saathi House 49 Bevington Road, Aston , B6 6HR	Tuesday 20 <sup>th</sup> September 2016 No class during school holiday	Tuesday 5:30- 7:00pm To be confirmed	Women only. Comfortable clothes. Water. No advance booking required.	Dawn
Walk and Talk	Handsworth Park. Meet by the lake near the gates, Hamstead Road.	Tuesday 9 <sup>th</sup> February 2016	Tuesdays 9.30-10.30	Walking shoes or trainers. Water. No advance booking required.	Mus
Martial Arts –Women and Girls	Zen Shi Academy, 176 Soho Road, Tel: 233 2577	Tuesday 31 <sup>st</sup> September 2016	Tuesdays 6.30-7.30pm	Girls over 8 years only and accompanied by adult. Comfortable clothing and bare feet. Water. £3.00 per session. Places limited.	Abian
Swimming	Newtown Swimming Baths, Newtown Row, Aston, Newtown B19 2SW.	Wednesday 20 <sup>th</sup> September 2016	Wednesdays 12-1pm	You will need a Birmingham Leisure Card. Swimming kit. No advance booking required.	Shamsun

Women's Wellbeing Weaving Course	Lozells Recreation Group (LRG), 2 Graham Street, Lozells, B19 1QY	Monday 26 <sup>th</sup> September 2016	Monday 9.15am – 10:45am	Women only	Shamsun
Zumba	Lozells Recreation Group (LRG), 2 Graham Street, Lozells, B19 1QY	Thursday 22 <sup>nd</sup> September 2016	Thursdays 9.30-10.30am	Women only. Comfortable clothes. Water. No advance booking required.	Shamsun/Dawn
Family Badminton	Holte Community Leisure Centre, Wheeler Street, Lozells,	14 <sup>th</sup> July 2016- 27 <sup>th</sup> October 2016	Thursdays 6.00pm – 7.30pm	Children must be 8-14 years and accompanied by an adult. All genders welcome. Football kit. Water. No advance booking required  Contact 07930750803	Mashkura and Harun
Martial Arts – Men and Boys	Zen Shi Academy, 176 Soho Road, Tel: 233 2577	Thursday 11 <sup>th</sup> February 2016	Thursdays 6.30pm-7.30pm	Boys over 8 years only and accompanied by an adult. Comfortable clothing and bare feet . Water. £3.00 per session. Places limited.	Abian
Young people's football coaching	Goals Perry	Sunday September 2016	Sunday 11.30am-12.30am	Children must be 8-14 years and accompanied by an adult. All genders welcome. Football kit. Water. No advance booking required.	Aftab/ Habij Ali

## Family Fit – Healthy Living Workshops

Subject	Venue	Day and Time	Trainer
1. Introduction to Family Fit	Westminster School Stamford Road B20 3PN	30 <sup>th</sup> September 2016	Dawn/Musurut
2. Family Fit Health MOT	Westminster School Stamford Road B20 3PN	07 <sup>th</sup> October 2016	Dawn/Musurut
3. Getting Started	Westminster School Stamford Road B20 3PN	14 <sup>th</sup> October 2016	Dawn
4. Physical Activity and Health	Westminster School Stamford Road B20 3PN	21 <sup>st</sup> October 2016	Dawn
5. Nutrition for Health	Westminster School Stamford Road B20 3PN	04 <sup>th</sup> November 2016	Dawn
HALF TERM BREAK			
6. Family Fit Weigh in Planning for Health	Westminster School Stamford Road B20 3PN	11 <sup>th</sup> November 2016	Dawn/Musurut
HEALTH CHAMPIONS RESIDENTIAL Brighthouse, Folly Lane, Grendon, Warwickshire Friday – Sunday 11-13th November			
7. Planning for Health	Westminster School Stamford Road B20 3PN	18 <sup>th</sup> November 2016	Dawn

8. Family Fit Weigh-in	Westminster School Stamford Road B20 3PN	2 <sup>nd</sup> December 2016	Musurut/Shamsun/Apsana
9. Women's Well-being	Westminster School Stamford Road B20 3PN	09 <sup>th</sup> December 2016	Musurut
10. Stress and Health	Westminster School Stamford Road B20 3PN	16 <sup>th</sup> December 2016	Dawn
Christmas Break 23/12/2016 -30/12/2016			
11. Family Fit Weigh in	Westminster School Stamford Road B20 3PN	7 <sup>th</sup> January 2017	Dawn/Musurut
Family Fit Evaluation	Westminster School Stamford Road B20 3PN	14 <sup>th</sup> January 2017	Dawn/Musurut

**Legacy WM/Family Fit Events**

<b>Subject</b>	<b>Venue</b>	<b>Day and Time</b>	<b>Lead</b>
Family Fun Day and Mini Rugby Tournament	Holford Sport Hub Holford Drive Perry Barr	Saturday 17 <sup>th</sup> September 2016 10.00 -3pm	Dawn
Migrant Music Festival	Soho House Soho Avenue, Handsworth B18 5LB	Saturday 24 <sup>th</sup> September 12- 7pm	Musurut
Black History Month Health and Wellness Open Day	Soho House Soho Avenue, Handsworth B18 5LB	Saturday 1 <sup>st</sup> October 2016 12-3.30pm	Dawn