

# What's On: May - July 2023

## MONDAY

### Healthy Lifestyle - Badminton

9:30am - 11:30am

Email: tiffany@saathihouse.org

## TUESDAY

### Creative English

9:30am - 11:30am

Email: shamsun@saathihouse.org for more details

## WEDNESDAY

### Walking & Cycling

9:30am - 11:30am

Email: meena@saathihouse.org to register

## THURSDAY

### Stay & Play with free breakfast

9:30am - 11:30am

Email: meena@saathihouse.org

## FRIDAY

### Creative English

9:30am - 11:00am

Email: shamsun@saathihouse.org for more details

### Jewellery Making Course

12:30pm - 2:30pm

Email: tiffany@saathihouse.org

### Sewing

9:30am - 11:30am

Email: meena@saathihouse.org to register

### ESOL

9:30am - 11:30am

Email: meena@saathihouse.org to register

### Home Grown

11:00am - 12:30pm

Email: tiffany@saathihouse.org for details

### Women's Leadership Course

6:00pm - 8:00pm

Email: tiffany@saathihouse.org

### Digital Skills

12:30pm - 2:30pm

Email: meena@saathihouse.org to register

### Creative English Beginners Course

12:30pm - 2:30pm

Email: shamsun@saathihouse.org

### Reading and Writing Skills

12:30pm - 2:30pm

Email: tiffany@saathihouse.org

## SUNDAY

### Netball

11:00am - 12:30pm

Netball at Prince Albert High School £2 a session. Email: tiffany@saathihouse.org for details.

### OUR PROJECTS ARE SUPPORTED BY



### MONTHLY WORKSHOPS:

Wed 17 May | 9.30am - 11.30pm  
Mental Health Awareness

JUNE | Date & time TBC  
Understanding Autism

Friday 14 July | 9.30am - 11.30am  
South Asian Heritage Month celebration day



Saathi House, 49 Bevington Road, Aston, Birmingham B6 6HR

info@saathihouse.org | 0121 328 0013 | www.saathihouse.org | @SaathiHouse

