



## **Compass Support x Birmingham City council Celebrating Communities Event Series**

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### **Schedule**

These are aimed for adults of all abilities for the Commonwealth Games. All events are completely free and will stretch across the Walmley, Minworth and Kingstanding ward.

#### **Cycle trip**

27<sup>th</sup> July @ 10am

Location: Minworth club and lodge, B76 9BB

45 minute gentle cycle ride. Bikes can be provided. Email to book [Sophie.manion@compass-support.org.uk](mailto:Sophie.manion@compass-support.org.uk)

Free breakfast sandwiches, tea and coffee provided by Minworth Club and Lodge on returning.

#### **Walmley walking group**

28<sup>th</sup> July @ 12pm

Meeting: Pype Hayes Car Park, B24 0HG

A walk through Pype Hayes Park and New Hall country club with a picnic halfway. Attendees can either decide to do a short route (3km) or carry on to do a longer route (6km). Also involves a photography competition throughout the walk with prizes for best photograph taken on the walk being presented in our Walmley closing event on the 9<sup>th</sup> August.

### **Kingstanding walking group**

29<sup>th</sup> July @ 12pm

Meeting: Sutton Park Banners Gate, B73 6JX

A walk through Sutton Park with a picnic halfway. Attendees can either decide to do a short route (3km) or carry on to do a longer route (6km). Also involves a photography competition throughout the walk with prizes for best photograph taken on the walk being presented in our Kingstanding closing event on the 10<sup>th</sup> August.

### **Tennis coaching session**

29<sup>th</sup> July @ 12pm

Pype Hayes Tennis Courts, B24 0HG

Beginner's adult tennis lesson, includes coaching, drills and friendly matches. The day will finish off with some refreshments and all equipment will be provided.

### **Kingstanding mindfulness day**

1st August @ 12:30pm – 4pm

Perry Tree Centre, B23 5BX

A day of relaxation in which attendees can grow their own vegetables to take home with them, play puzzles, mini-games and painting. Finishing the day off with a relaxing and gentle seated yoga exercise class with mindfulness exercises. Refreshments will be provided throughout the day.

### **Walmley exercise classes**

2<sup>nd</sup> August 2pm-5pm

Pype Hayes Golf Club, B76 1EP

- 2-3pm: Introduction to taekwondo with SCTKD
- 3:15-4:15pm: Move it or lose it with Katie
- 4:15-5:00pm: Dance class with Katie

### **Kingstanding exercise classes**

3<sup>rd</sup> August 2pm-5pm

Perry Tree centre, B23 5BX

- 2-3pm: Introduction to taekwondo with SCTKD
- 3:15-4:15pm: Move it or lose it with Katie
- 4:15-5:00pm: Dance class with Katie

### **Walmley sports taster fayre**

4<sup>th</sup> August 12pm-4pm

Walmley cricket and social club, B76 1LT

Multiple organisations will be joining us to give you a taste of some sports you may never have tried before. These include archery, cricket, bowls, badminton, football golf, mini-games and more! Refreshments will be provided throughout the day.

### **Kingstanding sports taster fayre**

5<sup>th</sup> August 12pm-4pm

Aston old Edwardians RFC, B44 0HP

Multiple organisations will be joining us to give you a taste of some sports you may never have tried before. These include archery, squash, bowls, badminton, football golf, mini-games and more! Refreshments will be provided throughout the day.

### **Walmley mindfulness day**

8th August @ 12:30pm – 4pm

Pype Hayes Golf Club, B76 1EP

A day of relaxation in which attendees can grow their own vegetables to take home with them, play puzzles, mini-games and painting. Finishing the day off with a relaxing and gentle seated yoga exercise class with mindfulness exercises. Refreshments will be provided throughout the day.

### **Walmley closing event**

9<sup>th</sup> August @ 3pm-7pm

Walmley cricket club, B76 1LT

A reflection on the week's events as well as a thank you to participants and volunteers. Awards presentation for the winners of our competitions throughout the week. Also- Bingo, raffle and a pub quiz with prizes.

### **Kingstanding closing event**

10<sup>th</sup> August @ 3pm-7pm

Aston Old Edwardians RFC, B44 0HP

A reflection on the week's events as well as a thank you to participants and volunteers. Awards presentation for the winners of our competitions throughout the week. Also- Bingo, raffle and a pub quiz with prizes. Refreshments provided.