



The Active Wellbeing Society are here to support communities in Birmingham and Solihull in a variety of ways. Please follow the links for more details on how to access provision or please feel free to contact us on **0121 728 7030, 6 days a week (Mon-Fri 9am-5:30pm & Sat 9:30am-12:30pm)**



### Do you need a food parcel?

Free food parcels are available and delivered straight to your door. We are doing all we can to provide support to those who need it most, there is no criteria to receive food parcels and we aim to deliver within 3 working days.

You can find out more at [www.theaws.co.uk/relief](http://www.theaws.co.uk/relief)

You can also find local foodbanks at [www.findfoodbanksbrum.org.uk/](http://www.findfoodbanksbrum.org.uk/)

### We also offer cooked meals

You can pick up tasty free meals from our Big Feed Community Cafes, along with recipe kits and sometimes food parcels too. We have 5 cafes operating across the city - you just need to pop down.

Find out more at: [www.theaws.co.uk/big-feed/](http://www.theaws.co.uk/big-feed/)



### Support with clothing

A wide range of clothing is available for babies, children, and adults. All clothing is free and is in excellent quality (either brand new or fairly new).

We always do the best we can based on what we have in stock.

To complete a request, please visit [www.theaws.co.uk/wearandshare/](http://www.theaws.co.uk/wearandshare/) or call us on 0121 728 7030.

### Need to borrow a household item?

Save money, learn, and share skills... at our welcoming local hubs known as ShareShacks. You can borrow items such as DIY tools, toys, sports kit and even gardening equipment. By borrowing items instead of buying, you save money, reduce waste and help each other by sharing more. Find out more at [www.theaws.co.uk/active-communities/share-shacks/](http://www.theaws.co.uk/active-communities/share-shacks/)





## Let's stay connected

Lockdown has presented many personal challenges for us all, not least increasing the isolation and loneliness we feel, especially if we have little or no support network around us. A free telephone support service is available that offers a safe space for people to be heard & talk about what is important to them.

Find out more at [www.theaws.co.uk/listen-connect/](http://www.theaws.co.uk/listen-connect/)

If you are aged over 60, Silverline is a national organisation that offers befriending support where you are matched with a volunteer that is tailored to your personal interests. To find out more visit [www.thesilverline.org.uk/](http://www.thesilverline.org.uk/) or call them on 0800 470 8090 24 hours day.

## Interested in volunteering?

We have a number of easy ways in which you can volunteer and help others in your community. A wide range of opportunities are available, to find out more visit [www.theaws.co.uk/support/](http://www.theaws.co.uk/support/) or call 0121 728 7030.



## Take part in online classes

Try out a range of different online classes delivered by local instructors – all completely free! All our sessions require minimal space, no equipment and are suitable for everyone. Follow our Facebook page at [www.facebook.com/theaws](https://www.facebook.com/theaws) or visit [www.theaws.co.uk/virtual](http://www.theaws.co.uk/virtual) for up-to-date details of new classes and sessions.

We are also helping inspire more women to wiggle, jiggle, move and prove that judgement, time, money and energy are barriers that can be overcome. We are hosting weekly This Girl Can themed sessions for only women to access online. Find out more at [www.theaws.co.uk/thisgirlcan](http://www.theaws.co.uk/thisgirlcan)

There is also a number of tailored online programmes available such as let's connect social groups, carer's café, online relaxation, men's only social groups, ladies-only weight management. Talk to your GP to find out more and how to get involved.

## Bikes on prescription

Cycling can help both your physical and mental wellbeing and is great for the environment. To qualify to receive a free bike, you must:

- Be aged 16 and over,
- Able to ride a bike or willing to take part in free cycle training.
- Live within an eligible postcode.

Please talk to your GP to find out more.



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