

🌻 Welcom to our May Newsletter! As we move into the warmer months, it's been fantastic to see our community continuing to come together, with plenty of activities, new opportunities, and exciting plans on the horizon.

🎯 **Youth Clubs Growing with Dizzy Heights**

We're delighted to share that we've been working closely with Dizzy Heights to expand the youth provision. Alongside our popular Friday youth club (5:00pm – 6:30pm), they have introduced a new girls-only group every Monday from 4:00pm – 5:30pm, creating even more opportunities for young people to connect, have fun, and build confidence.

☀️ **Summer Holiday Fun is on the Way!**

We've been busy planning a range of exciting family activities for the upcoming six-week holidays, with booking details coming soon. Plans include a community picnic with delicious food and fantastic entertainment, a family trip to Blackpool, and a fun-filled family day – so keep your eyes peeled for more details!

🍽️ **Monday Lunch Club – Growing Together**

Our Monday lunch club continues to grow, and it's always lovely to see everyone coming together each week to enjoy great food and even better company.

🍪 **Free Wednesday Breakfast**

We continue to run our free breakfast every Wednesday. Feel free to pop in and grab a bite to eat – you'll be warmly welcomed by our friendly community group.

☕ **Brew Crew – Let's Chat**

Our Brew Crew takes place every Thursday from 10:00am – 11:00am and is the perfect opportunity to get out, have a chat, and meet new people. If you're feeling lonely or isolated, we are here for you and would love you to join us.

IMPACT

May 2026

- 14 new Gym Sign ups. 196 active gym members
- 9 attended the Brew Club
- 27 community members supported by our wellbeing service
- 114 attendees to free breakfast
- 23 attendees to lunch club
- 8 attending the walking group
- 22 Gardens were attended to.
- 23 amazing Volunteers supported CAFAG and the community in May



FREE COURSES

Scan the QR code to Join these FREE training sessions.

Upcoming EVENTS



- Volunteer Week** Weeks Commencing 1st June
- Walking Club** Monday 29th June 9am - Wheelok
- FREE Training** Tuesday 30th June 9:30am & 12:30pm

Together we grow, together we thrive.