



# NEWSLETTER

SASA Wellbeing Hub

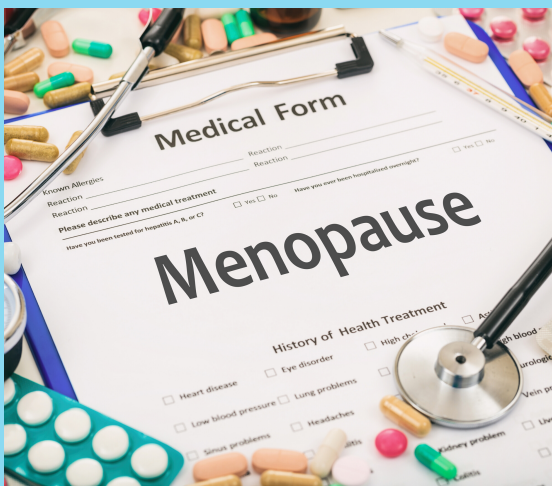


## SPRING FAMILY FAYRE

Save the date! On April 13th we will be hosting a Spring Family Wellbeing Fayre at Admaston House. This will be a free event to attend, and we have lots of family-focused activities to keep the children entertained as well as local groups and organisations who provide family orientated wellbeing services. If you are a child or family orientated small business, charity or service and you would like to have a stall, please get in touch by emailing [sasawellbeinghub@gmail.com](mailto:sasawellbeinghub@gmail.com).

*Did you know?*

**Everybody has a unique tongue print. Like fingerprints, your tongue print can be used to identify you!**



## UPCOMING EVENTS

On Monday 11th March we are hosting another FREE talk. Women's Health was voted by you as one of the hot topics of interest for wellbeing in the Shawbirch Medical Centre Patient Survey. We are, therefore, delighted to announce that Teresa Wild, Women's Health Nurse at Shawbirch Medical Centre, and Colleen Mullarkey, from Nourish Holistic Wellbeing, will be hosting a "Menopause Myth Buster" night.

This will take place at Admaston House, 6.30-8pm. As we expect this to be a popular event, please email [sasawellbeinghub@gmail.com](mailto:sasawellbeinghub@gmail.com) to book your FREE space.

## FAMILY NUTRITION EVENT



In January we hosted our first talk for the community on Family Nutrition. Thank you to everyone who came along and also thank you to Emma Martyn, from Little Gannets, who hosted the evening. We had lots of great chats- including how to eat the rainbow, an easy visual guide that encourages us to get a varied diet!

If you are interested in improving your family's nutrition, or you need help with weaning or fussy eating, contact Emma on the link above.

Are you connected with the SASA Wellbeing Hub Community? If you are a local resident, business, community group or charity covering Shawburch, Admaston and Surrounding Areas then stay in touch on our Facebook pages. We want to hear from you- keep us up to date with your wellness activities and initiatives! Similarly, if you have an idea for a local wellbeing community group and would like some support get in touch!

Coming  
Soon

**We will  
shortly be hosting  
another volunteer evening- please keep an  
eye out for an invite if you have previously  
signed up or email us if you want to take part  
in future!**

## COMMUNITY SPOTLIGHT

Congratulations to the Telford Tree of Light and Trustees of The Rotary Clubs of Telford and District Trust Fund, who raised a whopping £40,000 from their 2023 appeal.

The Severn Hospice will receive £20,000, Hope House TyGobaith Children Hospices will receive £10,000, and Telford First Responders will receive £10,000.



**Vacancy:** Are you looking to give back to your community? We are looking for a volunteer to join our group of trustees in the role of Secretary. If you are interested, please get in touch via the email below.



[sasawellbeinghub@gmail.com](mailto:sasawellbeinghub@gmail.com)



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