



NEWSLETTER

SASA Wellbeing Hub

We have loved hosting several events in the last couple of months and we have got some more to come so stay tuned! Catch up on what's been happening and find out about our Christmas events in this newsletter.



SPOTLIGHT ON COPD

Our next interactive Talk will be a spotlight on COPD. Our guest speaker will be **Sarah Paterson COPD Nurse, Stinchley Medical Practice supported by members of Breathe Easy Telford**

📅 Tuesday 19th November
🕒 6.30pm - 8pm
📍 Shawbirch Medical Centre

Please RSVP Sasawellbeinghub@gmail.com to book a place as spaces are limited 🙏

CHRISTMAS FAYRE

We are looking forward to welcoming you all to our upcoming Christmas Fayre. We already have lots of fantastic stalls arranged for you to shop local this Christmas, there will be activities, a tombola and... **SANTAS GROTTO!!!**

📅 Saturday 7th December
🕒 1pm - 4pm
📍 Admaston House

There will be mulled wine and mince pies for the community 4-4:30pm after the event too.

If you are a local business or charity and you would like a stall please get in touch for details.



Volunteers Needed: We are looking for volunteers to help us put up the Christmas tree and lights on November 29th. We will also need volunteers to help decorate Admaston House indoors before the Christmas Fayre too. If you are interested please email sasawellbeinghub@gmail.com.



Chat Cafe Now Open!

We are proud to say that the Chat Cafe is now open every first Wednesday of the month at Admaston House. This is a welcoming space for all to come and meet new people and enjoy a cuppa! You can come join us between 10am-1pm at Admaston House.

Thank you!

Neurodiversity in Children

Huge thank you to Gurmat Khanghura from AG & Co Health who hosted the Neurodiversity in Children event in September. This event was hugely popular with everyone who attended. If anyone would like further information on information on Autism and ADHD contact info@agcohealth.co.uk.



What is Diabetes and How to Prevent It?

Thank you to Dr Charlotte Garrington for an enjoyable evening at our October event discussing how to prevent diabetes, the difference between pre-diabetes and diabetes, complications, the difference between type 1 and type 2 diabetes, medications and injections and reversal. Everyone who attended gave great feedback, saying that they found the talk informative, interactive and inspirational to reducing their risks of developing diabetes.

New for 2025!

Wednesday Wellbeing Walks

A new weekly wellbeing walk will be starting on Wednesday 8th January from Admaston House. This will start at 10am with the aim to finish at either the Chatterly Cafe (Admaston House) or the Pheasant Pub at 11am. Please see www.walkingforhealthtelfordandwrekin.org.uk for more details.



Fun Fact!

Did you know you blink roughly 20 times a minute?



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