



NEWSLETTER

SASA Wellbeing Hub

Happy New Year to all of our Shawbirch and Surrounding Area residents! We hope you have all had a wonderful break, and we look forward to seeing you all at various events throughout the coming year as we continue to work towards a healthier community!



WELLBEING WALKS

Are you looking to boost your fitness, get some fresh air and meet new people? Check out these new weekly wellbeing walks starting in Admaston! Everyone is welcome.

- 📅 Every Wednesday
- 🕒 10-11am
- 📍 The Chatterly Cafe, Admaston House

Please contact sasawellbeinghub@gmail.com with any questions.

CHAT CAFE GOES WEEKLY!

After a successful launch of our chat cafe, 'The Chatterly', we have decided to move this to a weekly basis. This is a friendly space for you to come and have a drink and a natter with friends both new and old.

- 📅 Every Wednesday
- 🕒 10am - 1pm
- 📍 Admaston House

No need to book, just come along. Please note, this is a cash-only cafe.



SASA AGM- Monday 27th January: We would love to hear how the SASA Wellbeing Hub could benefit you in 2025. Come along to our AGM and have your say. No need to book, just come along! The AGM is Monday 27th January, 6:30pm, at the Shawbirch Medical Centre,

Upcoming Events



January

On Wednesday January 22nd we are hosting a community Afternoon Tea, with the aim to help reduce isolation and loneliness in our community. This is 2-4pm at Admaston House.

Please email sasawellbeinghub@gmail.com to book your space.

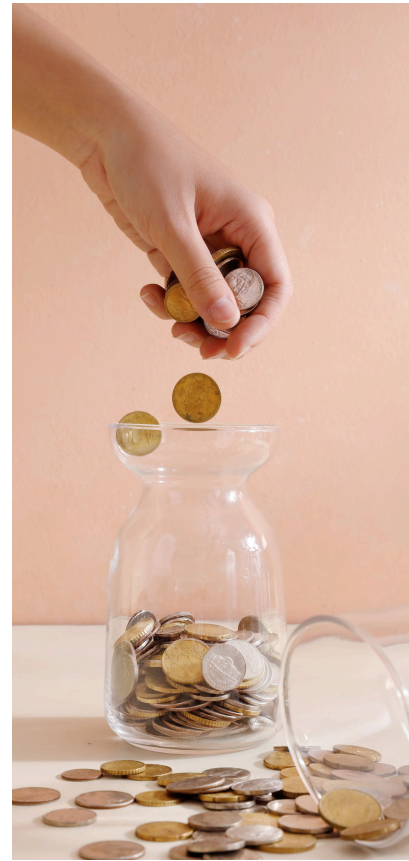


Febraury

Join us for 'Meditation for Children & Adults'

This is an interactive talk by Sarah Griffiths from Sarah's Soul Sanctuary

Wednesday 19 February
6:30-8pm.



Have your say!

Tell us what you would like to hear about at future events.

What about:

- Preparing for retirement?
- Dealing with stress better?
- Preventing heart disease?

Let us know what you would be interested in learning more about so we can plan more interesting events for the rest of 2025!



March

Keep your eyes peeled for a talk on Healthy Eating by Colleen Mullarkey, from Nourish Holistic Wellbeing'!



April

April will see our rescheduled 'Spotlight on COPD' by Sarah Paterson and Breathe Easy. Date TBC



sasawellbeinghub@gmail.com



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Fun Fact!

The word "muscle" comes from Latin term meaning "little mouse", which is what Ancient Romans thought flexed bicep muscles resembled.