

Join us for Tech Connect every Monday





Free support available

Would you like to learn how to use a computer/smart phone or tablet?

Every Monday 11am-1pm

Come and get computer savvy with us & learn how to:

- Send emails
- Use the internet
- How to use social media platforms
- 1-1 Sessions support with job searches & CV writing
- Use video call platforms (Whatsapp, Zoom & Skype)

To find out more or book a place - please call our support worker today

0121 525 1629

Kuumba Centre, Boulton Road, West Bromwich B70 6NW

Come & get computer savvy with us...

- Learn how to navigate the digital world - support is available for job searching, checking your emails and much more.

Film Fiesta

Come and join us for the first of many Film Feesta! Once a month we will be holding a movie day from our very own Kuumba Showcase cinemas.



Bring the popcorn and relax for a great movie.

*Speak to Chris for more details
Film to be confirmed.

 **31/10/2025**

 **2.00 pm - 5.00pm**

Bike Project

Lets Get Active!



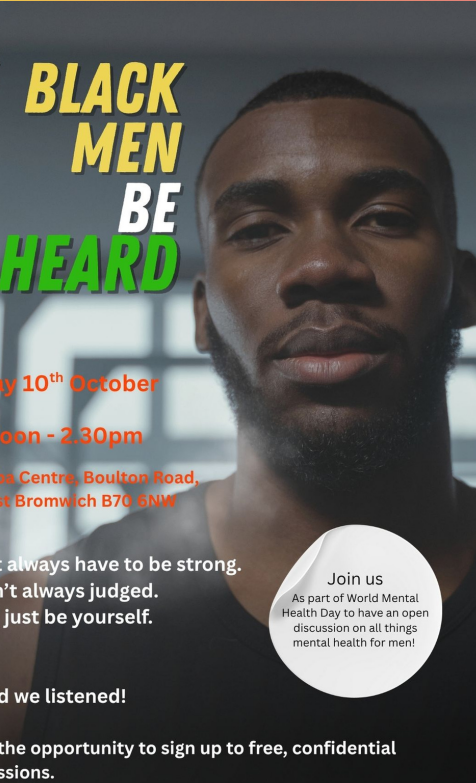
12:00 noon-
2pm



Every
Tuesday



BLACK MEN BE HEARD



 **Friday 10th October**

 **12 Noon - 2.30pm**

 **Kuumba Centre, Boulton Road, West Bromwich B70 6NW**

Imagine If...

- You didn't always have to be strong.
- You weren't always judged.
- You could just be yourself.

Imagine if...
You spoke and we listened!

You'll also get the opportunity to sign up to free, confidential counselling sessions.

Join us

As part of World Mental Health Day to have an open discussion on all things mental health for men!

JOIN US FOR A SIX WEEK COOKING PROGRAMME!

Starting Thurs 16th October
11:00am - 3:00pm



Come & Join us
For a 6-week

COOKING PROGRAMME

Come and get your creative juices flowing and gain a
food & hygiene accredited qualification!

Step Up Sandwell

★ HANDS-ON EXPERIENCE ★

★ CULTURAL COOKING ★

GUIDED BY
★ EXPERT CHEFS ★

Every Thursday for 6 weeks -
starting from 16/10/2025 -
27/11/2025
11:00 AM - 3:00 PM

LIMITED
SPACES
CALL TO
BOOK
YOUR PLACE!

0121 525 1629

*Sessions will take place at
West Bromwich African Caribbean Resource Centre,
Thomas Street, West Bromwich B70 6LY

*Please note Cooking Sessions will take place at
The West Bromwich African Resource Centre
Thomas Street, West Brom B70 6LY

Follow us on:



@Sacmhf



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@KuumbaF

Contact Us



0121-525-1629

info@sacmhf.co.uk
www.sacmhf.co.uk

Visit Us

Kuumba Centre,
Boulton Road,
West Bromwich
West Midlands
B70 6NW



Registered Charity Number: 1082017

WHAT'S ON AT KUUMBA

Join us for

BLACK HISTORY MONTH

With Bishop Desmond Jadoo MBE!

21ST OCTOBER

1:30pm - 3:00pm



For an exploration of the history of the black
churches and their role in the liberation of
enslaved people.

OCTOBER 2025 Edition

*Note: Activities are subject to change