


## 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  
We will be watching 'A Christmas Carol'.

 **12/12/2025**

 **1.00 pm - 5.00pm**

## Bike Project

Lets Get Active!



12:30 noon-  
2pm



Every  
Tuesday

Join us

For our service user Christmas meal



Wednesday 10<sup>th</sup> December  
12:30pm

The Dovecote pub and carvery  
West Bromwich, B70 OSD

## JOIN US FOR A SIX WEEK COOKING PROGRAMME!

Our final cooking session will take  
place in the new year on  
15/01/2026  
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



@Sacmhf1



@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 our Black Men WILL Be Heard  
Event!

5th December 6:00pm - 9:00pm



**BLACK  
MEN  
WILL BE  
HEARD**

**Friday 5th December**  
**6:00 pm - 9:00 pm**  
Kuumba Centre, Boulton Road,  
West Bromwich B70 6NW

Imagine If...

- You didn't always have to be strong.
- You could be loud without it being an issue.
- You didn't feel judged.

Imagine if...

You spoke and we listened!

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

**0121 525 1629**  
\*Food will be provided

**Join us**  
Come & join the movement,  
come & discuss all things  
men's mental health!  
The topic this month is  
maintaining healthy  
relationships!

## December 2025 Edition

\*Note: Activities are subject to change