

Join us for Tech Connect every Monday



TECH CONNECT
DIGITAL SUPPORT GROUP

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

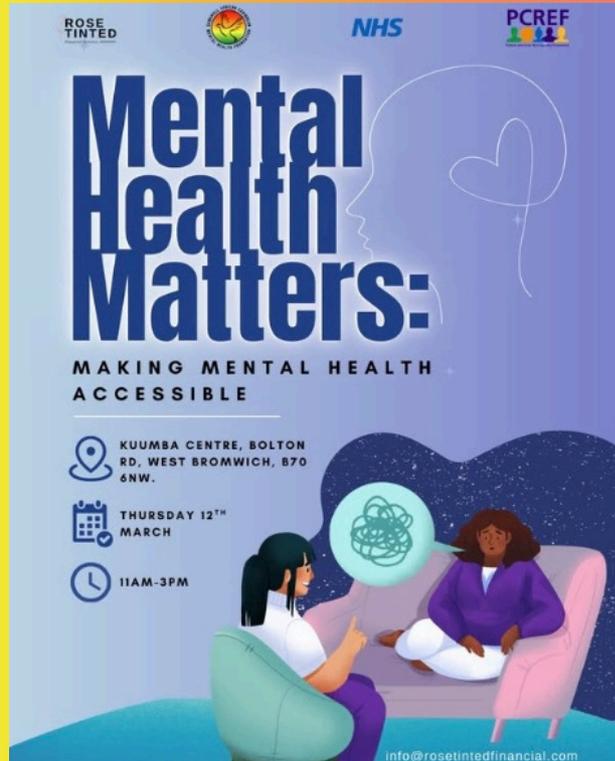
Kuumba Centre, Boulton Road, West Bromwich B70 6NW

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.

Mental Health Matters Workshop

Our friends at PCREF (Patient, carers, race & equality foundation) are holding a Mental Health Matters Workshop. Come and join us to see what it's all about!



ROSE TINTED NHS PCREF

Mental Health Matters:

MAKING MENTAL HEALTH ACCESSIBLE

KUUMBA CENTRE, BOLTON RD, WEST BROMWICH, B70 6NW.

THURSDAY 12TH MARCH

11AM-3PM

info@rosetintedfinancial.com

 12/03/2026

 11.00 am - 3.00pm

Bike Project

Lets Get Active!



12:30 noon-2pm



Every Tuesday



DONATE TO HELP SUPPORT BLACK MENTAL HEALTH TODAY



FIVE WAYS TO WELLBEING WORKSHOP



Delicate Mind
presents



Five Ways To Wellbeing Workshop

Connect, Be Active, Take Notice, Keep Learning, and Give!

- Tuesday 10th March
- 11:30pm - 2:30pm
- Kuumba Centre Boulton Road, West Brom B70 6NW

Whether you're seeking spiritual enrichment or practical guidance, we hope this workshop is a valuable companion on your journey to emotional wellbeing.



Take time to nurture yourself.

0121 525 1629

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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 another Real Talk Collective session this month.

13th March 6:00pm - 9:00pm

REAL TALK COLLECTIVE

Empowering Black Men Towards Wellness and Growth



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.

This month's topic will be:
Emotional awareness and expression and
Masculinity and identity

Friday 13th March 2026

6:00pm - 9:00pm

Kuumba Centre, Boulton Road,
West Bromwich B70 6NW

Call us on **0121 525 1629**

*Refreshments
available

The topics discussed will be: Emotional awareness & Masculinity & identity

March 2026 Edition

*Note: Activities are subject to change