

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.

Garden Project
We Need Your Help
With Gardening
Donations!

GARDENING PROJECT

To help our Garden Project blossom -
we are looking for the following
donations please:

- Gardening gloves
- Seeds/plants/pots
- soil
- gardening tools
- Manure
- Anything you think would help us with our project!



If you would like to donate please
give us a call or you can drop them
off at our centre.

0121 525 1629

Kuumba Centre | Boulton Road | West Bromwich | B70 6NW

If you would like to donate
please give us a call or you
can drop any donations off at
our centre.

Bike Project

Lets Get
Active!



12:30 noon-
2pm



Every
Tuesday



DONATE TO HELP SUPPORT
BLACK MENTAL HEALTH TODAY



Real Talk Collective Friday 14th August 6:00 pm – 9:00pm



REAL TALK COLLECTIVE
Empowering Black Men Towards Wellness and Growth

THEME - From Roots to Fruits
Exploring Our Stories
Through The Tree Of Life

Friday 14th August 2026
6:00pm - 9:00pm

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.

Kuumba Centre, Boulton Road,
West Bromwich B70 6NW

Call us on **0121 525 1629** *Refreshments available

Join us for an engaging workshop exploring the theme: From Roots to Fruits - Exploring our Stories Through The Tree of Life.

This session aims to Empower Black men Towards Wellness and Growth.

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 Bike Project

Every Tuesday 12:30 - 2:00pm



The Big Bike Revival
ON YOUR BIKE

Always wanted to learn how to ride a bike?
Want to know how to fix your bike?
Or maybe you just enjoy bike rides?
Then Get Active & 'Get On Your Bike'

Tuesday 21 st July Learn To Ride	Tuesday 28 th July - Ride	Tuesday 4 th August - Learn To Fix It
Tuesday 11 th August Learn To Ride	Tuesday 18 th August Ride	Tuesday 25 th August Ride

Every Tuesday, 12:30 pm - 2:00pm
Open to people aged 18 years+

Kuumba Centre, Boulton Road,
West Bromwich
B70 6NW
0121 525 1629

August 2026 Edition

***Note: Activities are subject to change**