



Birmingham Community
Healthcare **Charity**
Registered Charity No. 1069427

NHS

**Birmingham
Community Healthcare**
NHS Foundation Trust

Winter Wellness

10:00am - 1:00pm,

Wednesday 7th January 2026

Shard End Wellbeing Centre,

170 Packington Avenue, Shard End B34 7RD

Come and talk to your community NHS teams about how you can stay well this winter, including:

- **Staying Well & Warm**
- **Falls Prevention**
- **And much more!**

Free
refreshments
& music!



SAVE THE DATE!

Contact us: bchc.charity@nhs.net



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Birmingham
City Council

Cadent
Your Gas Network