



THE FIVEWAY CAFÉ



Windy Arbor Primary School
Woodlands Way, Birmingham B37 6RN
Mondays 5:00 till 7:00pm

The Fiveway Café is a drop-in for children and young people aged (11 to 16) designed to help them reduce stress, be more active and gain more confidence

The Café provides a safe space for children and young people to come together where they can meet new people, learn new skills and have fun.

All sessions and activities are free!

Activities at the Café are based upon the Five Ways to Wellbeing which can be thought of as your “5 a day” for mental wellbeing!

Connect... Keep learning... Be active... Take notice... Give...



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0121 709 7000 engage@solihull.gov.uk

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