



Are you aged 11 – 16?

Would you like to reduce your stress, be more active and gain more confidence?

Then drop-in to

FIVEWAY CAFE

Where you can meet new people, learn new skills, get active and have fun.

All sessions and activities are free.

Mondays 5-7pm

**Windy Arbor Primary School
Woodlands Way, Birmingham B37 6RN**



Engage Solihull

☎ 0121 709 7000 ✉ engage@solihull.gov.uk

🌐 socialsolihull.org.uk/earlyhelp

'Early Help is everyone's business'

