

## Current Weekly Activities

Day	Time	Activity
Monday	12- 1pm	Weekly Women's Extend Exercise (cost £1)
	1- 3pm	Weekly Asian Women's Group
Tuesday	1- 3pm	Chill & Chat Women's group ( West Indian Centre)
Thursday	10am- 3pm	Massage ( female therapist) (£10.00 for 30 minutes)
Friday	11am- 1.30pm	Fortnightly African Caribbean Coffee Morning
	11am- 1.30pm	Monthly Asian Women's Coffee Morning
	12pm- 2.30pm	Monthly Men's Group

## Upcoming Events & Activities

### 2nd Caribbean Social Afternoon

Date: Friday 18th July 2014

Venue: West Indian Centre

Tickets Cost: £5.00

Call for more information & tickets

024 76227712



### 3rd Caribbean Social Afternoon

Date: Friday 29th August 2014

### Summer Trip

Weston- Super- Mare

Friday 1st August 2014

Call for more information & tickets

024 76227712



Tamarind Centre, 3rd Floor, Harp Place, 2 Sandy Lane, Radford, Coventry, CV1 4DX

Email: [info@tamarindcentre.co.uk](mailto:info@tamarindcentre.co.uk) Web: [www.tamarindcentre.co.uk](http://www.tamarindcentre.co.uk)

024 76227712 or 024 76225512

Page 1

Tamarind update

About us

Page 2

Social Event

Page 3

New Groups

Page 4

Centre Activities

Future plans

Welcome to the 2014 edition of Tamarind's newsletter,

Please take a moment to read about some of the services we provide at tamarind, take a look at our successes, current activities and upcoming events which hopefully will be of interest to you or somebody you know.

We are here to help and would like to see many more people benefit from our support. Please feel free to contact us with suggestions, comments or for support!

Tamarind Staff & Volunteers have continued to support the BME community of Coventry, providing support services including, outreach, Caludon visits, advice & information, group activities, counselling, day opportunities, social events and much more.

Over this period we have continued to provide support groups including an exercise group, Asian women's social group, African Caribbean Coffee morning and an Asian Coffee Morning.

We had several new groups start including the re-launch of our men's group, and a social group called chill and chat.

Tamarind held its first social event for the Caribbean community which was a great success, and we are planning our next events.

We are always looking for ideas on how we can improve our service and by listening to our clients we are able to adapt the support we can provide.

Tamarind would like to thank everybody who has used and supported our service and we will endeavour to provide the BME community with the services they require.

## Tamarind 's First Caribbean Social Afternoon

We held our first Caribbean Social Afternoon at the West Indian Community Centre on the 6th June 2014.

One of the main reason for holding a social afternoon was to bring the Caribbean community together for a positive social occasion as it was noted by many members of Tamarind that the main time people gather is at Funerals and as part of our plan to break isolation and encourage social inclusion we wanted to try and change this and encourage people to get together and enjoy each others company and form a new social group.

As part of the day we had DJ Mikey D who got people up and dancing and created a lively atmosphere, we had an interesting quiz about the Caribbean and a raffle door prize, a long with some tasty cultural food.



The event was well attended with over 50 people in attendance, the feedback we received was very positive with most people asking when the next event would be taking place, people commented on how they had enjoyed the day, dancing and having fun together.

We are planning future events, and would like to see these continue as a regular activity and with the support of the community this can happen.



The next social afternoon is on:

**Friday 18th July 2014 from 1pm-5pm**

Tickets are available for our next event

**Call 024 76227712**

## Men's Group

In May 2014 we decided to re-launch our men's group,

We had ended our weekly men's group as attendance had dropped, and after a break we were concerned that our male clients still needed the support setting which a group environment can provide and we decided to trial having a group on a monthly basis and re-promoted the group.

The aim of the group is to encourage social interaction, with interesting topics and discussions, a place where men can come together share experiences and ideas.

The first group was well attended and we are now running them on a monthly basis see dates below.

**Day: Friday (Monthly) Time: 12-2.30pm**

**Friday 15th August, Friday 19th September**

If you would like to attend, please contact us: **024 76227712**

## Massage

We now offer Weekly massage session on Thursdays with various timeslots available, provided by a female therapist.

Massage can help with aches and pains and may help to relax and relieve tension and stress.



**Massage costs**

**£10.00 for 30 minutes**

**(1 Hour Full Body Massage available)**

For details of our next sessions or to book contact us: **024 76227712**