

HoT Café & Shops...

Heart of Tamworth Community hub a place for giving, sharing and caring.

What can YOU do for Heart of Tamworth?

Heart of Tamworth is a volunteer led organization empowering individuals and building community.

We are a charity supporting families in Tamworth and the surrounding areas. Our role continues to grow as we meet the needs of our local community.

What can Heart of Tamworth do for YOU?



Our exception quality breakfasts and lunches prepared on site, all at down to earth prices are only matched by our heavenly coffee!

**Open Monday - Friday
8am-3pm
07305 093623**

We strongly recommend booking to secure your favourite table.

“The Hot café is outstanding, the cakes are delicious, the coffee is superb and the price is fantastic.”



CLOTHING

**Open Monday - Friday
10am-3pm***

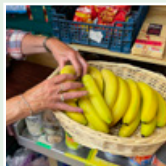
Our fabulous pre-loved clothing store open where you will find bargain fashions for men, women and children.

COMMUNITY PANTRY

**Open Monday - Friday
10am-3pm***

**Late Night
Wednesday till 7pm**

We are not a food bank, anyone living in postcode areas (B77, B78, B79) and struggling with the cost of living are welcome to use our facility. You do not need to be referred to us.



As a volunteer you benefit from a friendly and welcoming environment helping in our busy and popular café, the amazing pre-loved clothes shop or our essential community pantry, or in any one of the vast array of functions that Heart of Tamworth offer.

You can do as much or as little as you wish, with no commitment or qualifications required, just a good heart!

Volunteering enquiries (ask for Kelly)
07422 721835 | kelly@heartoftamworth.org

Venue hire enquiries (ask for Jen)
01827 259955 | jen@heartoftamworth.org

Heart of Tamworth has a number of function and meeting rooms for hire, from a small group to a party for 100's.



Sacred Heart Community Centre
Silver Link Road, Glascoate
Tamworth B77 2EA

Tel: 01827 259955
Web: heartoftamworth.org
Email: enquiries@heartoftamworth.org



HoTCP



[HeartofTamworthCommunityProject](https://www.facebook.com/HeartofTamworthCommunityProject)

*Closed weekends and bank holidays

EMPOWERING PEOPLE,
BUILDING COMMUNITY

For Families...

We know that raising a family can be challenging, so whether you're a two parent, one parent or blended family, Heart of Tamworth might just be the help you need.

Citizens Advice Drop-in Service

Monday 9:30am-12pm

A team of experienced staff who can advise on a wide range of social and financial issues.

tamworthadvice@citizensadvice.org.uk

MAMAFIT with Kelle

Tuesday 10am-11am

45min workout with your baby and then some play and music time for the babies too.

Bums & Tums with Kellie

Tuesday 7pm-9pm

Thinking of getting fit and struggling to find some motivation? Get in touch with Kellie Rhumann to book a consultation.

Various workouts to cover all levels of fitness.

kelleruhmann95@gmail.com

Sacred Heart Toddlers Group

Thursday 10am-12.30pm

Birth-5 yrs. Stay and play with a subtle faith element.

Toy zones, crafts, snacks, stories and singing.

No Charge.

rebecca@tamworthrc.church

Homestart Playgroup

Thursday 9am-12pm

A warm welcoming group for families and carers

Contact 01827 62400

"I just needed a little help to see me through till pay day - Heart of Tamworth were there for me."



Kiddibops

Friday Music Classes

9:50am Babies (birth to pre walkers)

10:40am Toddlers (walking to 2.5 years)

11:35am Mixed Age (up to 5 years)

SEND Families welcome.

Rachel on 07807 551661
info@kiddibops.co.uk

Slimming World

Tuesday 3pm-6pm

Slimming World helps their members to enjoy a healthy take on their favourite food while still losing weight.

mandyandaveibbotson@yahoo.co.uk

For Singles & Seniors...

We work with people of all ages... from children to teenagers, young adults to older people.



SPIN

Monday 9.30am-12.30pm

A friendly group for adults with care and support needs. There are craft activities and table games to play in a safe and welcoming environment.

Syliva Geldard
leader@spin-tamworth.co.uk

Bridge Club

Monday 7.30pm-10.30pm

A small friendly group dedicated to playing duplicate bridge.

New members are always welcome - if you don't have a partner, please contact us in advance.

www.bridgewebs.com/tamworth/home.html

Senior Gentlemen's Club

Tuesday 10am-12pm
St John's Community room
Town Centre*

Activities include putting the world to right, dominoes, chess and bowling trips.

Bill Field on 07985 581794

Rainbow Tai Chi

Tuesday 11am-12.30pm

With benefits that include better balance, enhanced immunity and improved cognition Tai Chi is popular with seniors in our community.

Contact **Heather**
hbluelilac@gmail.com

Friendship Friday

Friday 1-3pm

A great chance to meet new people or catch up with old friends. Chats, Quizzes, Games. Each week is different.

Come along and see for yourself, free tea coffee and biscuits, no charge to attend.

kelly@heartoftamworth.org
01827 259955

Hot Wonky Walkers

Wonky Walkers is a walking group who meet up weekly to enjoy an invigorating walk and chat with friends both old and new.

Get in touch to join us.

john.taggart2@ntlworld.com

Sacred Heart Craft Group

Tuesday 1-3pm (Fortnightly)

We are a friendly group of people who love to share and learn craft skills. We sell the products we make to raise money for Heart of Tamworth and Sacred Heart, and we are always ready to welcome new members.

Contact **Caroline**
caroline1622@aol.com

Writers Group

Mondays 2-4pm

Are you interested in writing? We are a group who enjoy putting our thoughts and ideas down on paper.

Join us for weekly talks/workshops/ themes and occasional trips.

wanda.pierpoint@gmail.com

For Everyone...

Our community facilities are made available by the parish of St Johns & Sacred Heart. Some services are delivered directly by the Heart of Tamworth team, others by working with partners.

Memory Cafe

Tuesday 10am-12.30pm
& 1:30-3:30pm

The Memory Café is a friendly place where people living with memory loss and their carers can come together in a safe and supportive environment.

Contact **Wendy Quinn**
01827 69403

Bereavement Help Point

Thursdays 5.30pm-7.30pm
& Fridays 10am-12pm

If you are struggling with loss and wish to talk to someone just come along. No Charge.

Contact **Wendy Quinn**
01827 259955

"I don't know what I'd do without this place!"



Dilemma

Thursday & Friday 7-9pm

Support for families with an addicted loved one.

dilemmacharity@gmail.com

Gamblers Anonymous

A fellowship of men and women who meet weekly to share their experiences, hope and strength with each other to live life free from gambling.

Contact **terryobrien@heartoftamworth.org**

Narcotics Anonymous

A locally formed fellowship group that offer addicts a way to live drug free.

Contact **terryobrien@heartoftamworth.org**

Alcoholics Anonymous

If you seem to be having trouble with alcohol, or your drinking has reached a point where it worries you, you may be interested to know something about Alcoholics Anonymous and the AA program of recovery from alcoholism.

Contact **terryobrien@heartoftamworth.org**

