



# Thursday 5 July 2012

**Come together to celebrate summer in the Square Mile on Thursday 5 July. There are lots of activities to showcase some of the amazing opportunities that take place in your community each week – from renovating a local green space, enjoying a cup of tea at the Community Café, learning to sew or meeting new people on an evening health walk.**

## **Summer is here in the Square Mile!**

### **FOSSE TOP STITCHES**

**10.30-12.30pm, 1-3pm**

Top Stitches offers the chance to learn sewing, stitching, knitting and embroidery skills, as well as showing practical ways in which to use these skills on old clothing and fabric. Spaces are limited so book your place now via the Square Mile team.

### **COMMUNITY CAFÉ**

**12-3pm, Main Hall. Fancy a cuppa?**

Come and see us for a drink and a biscuit at the Community Café. Find out about the other Square Mile activities and meet new people from the area. There will also be craft activities and local businesses on hand to bring a summer fete feeling to Fosse Community Centre.

### **EMPLOYABILITY AND WELFARE**

**Drop-in Session, 12-3pm, Main Hall**

Offering free professional advice for those looking for volunteering opportunities, part-time and full-time work, as well as advice on starting up a business. Through a relaxed environment, DMU's careers advisors will look to build confidence, help create and update CV's and find job vacancies. Alongside this, welfare will offer free advice and guidance on a range of topics including legal, financial and debt issues, with one-to-one advice for sensitive issues.

### **TUDOR GARDEN**

**60 Minute make-over of Tudor Garden, (Bottom of Tudor Road), 12-1pm**

Get involved in 60 minutes of green fingered activity, open to all residents! Last September, DMU and the local community transformed Tudor Garden from a disused, overgrown space into a sensory garden. Come along and spruce up this local area, there will be planting activities, painting and clearing weeds, ready for the summer!

### **PICNIC IN THE GARDEN**

**1-2pm**

Please bring along a picnic to celebrate the rejuvenated Tudor Garden!

### **FLAMES LIGHTING THE WAY!**

**12-3pm, Rally Park.**

The Olympic Torch Relay passes through Abbey Park Leicester on the 2 Jul. DMU and the British Heart Foundation have created a sporting event to bring together local primary schools. 'Flames Lighting the Way' will see 200 school children taking part in 10 different sporting activities, including a mass relay with an Olympic torch.

### **HEALTH WALK AROUND THE SQUARE MILE (meet at Fosse Community Centre),**

**6.30-7.30pm**

Join the Square Mile team, for this chance to connect with your local community, enjoy the evening sunshine and meet new people! A 'health walk' is specifically designed and carried out to improve health through brisk and purposeful walking – proven to have a benefit to heart health (the heart). This activity offers you the chance to get outdoors, meet people and reduce stress.

**If you would like to get involved or book on to any of the events with us:**

E: [Mile2@dmu.ac.uk](mailto:Mile2@dmu.ac.uk)

T: (0116) 257 7102

**Or drop into Fosse Community Centre and leave your contact details**



Leicester  
City Council