

# Press Release 2023



## WELLBEING CAFÉ LAUNCHES IN SELLY OAK

Wellbeing café and hub, grounded. has opened in a former Doctor's surgery on Bournbrook Road in Selly Oak offering accessible and inclusive spaces to enjoy both one-to-one and group therapy, wellbeing activities and social events within a new café concept launched by Living Well Consortium.

Doug Tweedie, Head of FHP's Birmingham office, commented:

*"We were delighted to act on behalf of the private landlord of a former Doctor's surgery, located close to the University of Birmingham. When approached by Living Well Group and learning a bit more about their proposal, we had no doubt that this concept was the perfect fit for the location, and we were delighted with the way Living Well have invested into, and have adapted the space to create such an important amenity for the local area. It was great to work with Alexandra D'Silva and her team in delivering this one and we wish her and the rest of the team all the very best for their future in Bournbrook Road."*

Alex D'Silva, General Manager at grounded., commented:

*"When we started this project, we knew that finding the perfect space for the café was going to be crucial. As a wellbeing café that also works as a crisis centre in the evenings, we needed somewhere with plenty of space – both inside and outside – and plenty of natural light, as well as somewhere that wasn't too far out from the community but wasn't directly in the middle of the hustle and bustle of Birmingham. This space is exactly that and it has made all the difference to service users and visitors alike. We can't thank the team enough for helping us find and secure this gem!"*

ENDS

Doug Tweedie  
27<sup>th</sup> October 2023

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