



Clubs List

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Updated August 2024

This list contains the details of some of the clubs available in and around the Solihull area and the information is correct at the time of print. **Inclusion on this list does not constitute a recommendation and we suggest you check details with the individual clubs.** Other places you may wish to contact about clubs include libraries, local leisure and sports centres, colleges, listings in local newspapers and your local church.

Solihull Council also has listings of clubs and organisations on their website www://digital.solihull.gov.uk/LocalInformation or call in to Solihull Connect.

Age UK Solihull holds the following clubs: The Red Lion Lunch Club in Knowle, The Marston Green Tavern Lunch Club, The Wednesday Afternoon Club at Moseley Cricket Club, The

JLR Lunch Club at Land Rover Social Club, The Hobs Moat Club and Welcome Wednesdays at Eastcote Park Care Home. See the following pages for more information about days and times. Please contact our Clubs and Activities coordinator on 0121 704 7811 before attending.

Other clubs that hold events across Solihull include the Women's Institute. You can contact the West Midland Federation of Women's Institute on 0121 784 1703 or www.thewi.org.uk to find details of your local club.

Friends in Retirement organise many activities including bowls, keep-fit, singing, dancing and art. They have groups across the borough. They can be contacted on 0121 705 1285 or www.friendsinretirement.co.uk

The University of the Third Age (U3A) is an organization that provides education, creative

and leisure opportunities to people no longer in full-time employment. To find your local group contact their national headquarters on 0208 466 6139 or www.u3a.org.uk

Re-Engage (formerly Contact the Elderly) supports isolated older people. Volunteers collect older people who live near each other for tea at a member's or volunteer's house. For further details call Pamela Walker on 0121 603 1331 or email Pamela.walker@contact-the-elderly.org.uk

For those requiring more support. Solihull Adult Social Care has a number of Day Centres for older people. These services are only available following an assessment of need. For more information contact Adult Social Care Team on 0121 704 8007.

Section One – Solihull

Club	Day	Details
Silhill Bridge Club St Helens Church St Helens Road Solihull B91 2DA	Monday 7.00pm Wednesday 1.30pm	Anyone of a reasonable standard. Contact John Adams 01564 782 232
Solihull Lions Club Hobs Meadow Pub Solihull B92 8ED	3 rd Thursday of each month 7.30pm	All ages are welcome to help organise support for the community. Contact Steven Walker 0121 711 1318

<p>Solihull Stroke Group Oliver Bird Hall Solihull B91 3RQ</p>	<p>Thursday 10.00am - 12.00pm</p> <p>By prior arrangement with Marian only</p>	<p>Everyone affected by stroke.</p> <p>Contact Marian Disbery 01676 534 944 before attending.</p>
<p>Cameo Club St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1st Wednesday of each month 2.00pm</p>	<p>Talks, film shows, rambles and social events.</p> <p>Contact Carole Davies 0121 711 1919</p>
<p>Macular society St Augustines Church Hall Herbert Road Solihull B91 3QE</p>	<p>1st Thursday of each month 2.00pm</p>	<p>Outings, talks and general catch up.</p> <p>Contact Dawn Dawson 01564 772 265</p>

The Core
Theatre
Square
Solihull
B91 3RG

Monday
11.00am -
12.00pm

Stepping Out Dance
Class for over 50's.
Fun for all abilities.
Get active, learn new
routines and meet
new friends.

Monday
1.30pm -
2.30pm

Paracise.
Low intensity
exercise to music.
Ideal for anyone

Friday
12.00pm -
1.00pm

finding regular
classes too much
maybe who haven't
exercised for a long
time, returning from
injury or have health
conditions.

Continued
Over...

Wednesday
11.30am -
12.30pm

Gentle Chair Yoga

Chair based exercises that promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including people living with Parkinson's or Dementia

Pre booking is essential by phone on 0121 704 6962 or www.thecoretheatresolihull.co.uk

<p>Keep Fit Club Olton Scout Hut Brackleys Way Solihull B92 8QF</p>	<p>Monday & Wednesday 11.00am - 12.00pm</p>	<p>Over 50's keep fit to music. Contact Carol Beard 0121 705 8364</p>
<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions Contact Solihull Active Team 0121 704 8207 or see www://solihullonthemove.co.uk/</p>

Gradual
Movability
Balance,
Strength and
Mobility Class
Family
Renewal
Centre
Vulcan Road
Solihull
B91 2JY

Thursday
1.00pm -
2.00pm

Falls Prevention
Class to improve &
maintain muscle
strength, balance
and stability.
Gradually increase
mobility & physical
functions with
physiotherapy-based
exercise.

Contact Nora before
attending

07707 931 439

or email

[nora@envolvewell.co
.uk](mailto:nora@envolvewell.co.uk)

<p>Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Monday 1.00pm - 2.00pm</p>	<p>Falls Prevention Class to improve balance, get stronger and fitter. Make new friends.</p> <p>Contact Sharon Greenway 07891 446 364 before attending.</p>
<p>Solihull Synagogue Club 3 Monastery Drive Solihull B91 1DW</p>	<p>Thursday 12.00 pm</p>	<p>Meeting with a 3- course meal & entertainment for over 60's.</p> <p>Contact Rabbi or Mrs. Pink 0121 707 5199</p>

<p>Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>Wednesday 10.00am - 11.00am & 11.00am - 12.00pm</p>	<p>To help mobility particularly if you have arthritis and/or osteoporosis.</p> <p>0121 705 7367</p>
<p>Spring Steps 1st Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30pm – 2.30pm</p>	<p>Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Also offering well-being walks at Mill Pool. Contact Nora before attending on 07707 931 439 Or email nora@envolvewell.co.uk</p>

Doc Spot
Solihull Active
The scheme
operates at
Tudor Grange
Sports Centre
&
Hampton
Heath Club

Session
times &
prices vary
depending
on the
centre

Your GP or Practice
Nurse can complete
the Doc Spot referral
form for a 12-week
programme of
physical activities for
people with long-term
conditions or
recovering from injury
or illness based at a
designated Leisure
Centre.

Contact Solihull
Active Team on 0121
704 8207 for more
info.

[www://solihullonthe
move.co.uk/get-
support-to-be-
active/people-with-
long-term-health-
conditions/docspot-
exercise-referral/](http://www://solihullonthe
move.co.uk/get-
support-to-be-
active/people-with-
long-term-health-
conditions/docspot-
exercise-referral/)

<p>Everyone Active Tudor Grange Leisure Centre Blossomfield Road Solihull B91 1NB</p>	<p>Various days and times</p>	<p>Social Table Tennis Social Badminton Low impact exercise Gentle Swim Session Tai Chi, Cycling</p> <p>Contact 0121 705 6371 for details.</p>
<p>United Reform Church 741 Warwick Road Solihull B91 3DG</p> <p><i>Continued over..</i></p>	<p>Monday 10.00am - 12.00pm</p>	<p><u>Moments</u> Support & encouragement for those with dementia in a relaxed atmosphere with respite & advice for carers.</p> <p>Contact Elaine on 0121 744 6067 before attending as there is a waiting list.</p>

Tuesday
1.30pm -
3.30pm

Dance to Health

A pioneering falls prevention dance programme combining strength & balance exercises. Suitable for anyone over 50 years.

Contact 07470 799
540 or

solihull@dancetohealth.org

Friendship
Café
Solihull
Methodist
Church
Blossomfield
Road
Solihull
B91 1LG

2nd & 4th
Friday
of each
month
10.30am

Coffee, smiles, cake
& chat.
All welcome.
Donations
appreciated.
Contact Diane Webb
07478 001 759
0121 705 7367

<p>Walking Football Solihull Football Center Brick Kiln Lane Solihull B91 3LD</p>	<p>Various days</p>	<p>Senior walking football sessions run by qualified coaches. Great place to meet new people and improve your fitness & wellbeing. All sessions are booked online & then pay & play when you arrive. Sessions for people living with disabilities i.e. Parkinsons are available. Contact 0121 796 1330 or visit www://bookwhen.co m/mpsports</p>
<p>Fifties World</p>	<p>Various dates & locations in the Solihull Area</p>	<p>Coffee mornings and trips arranged. Contact Sue 01564 829 830.</p>

<p>Solihull Pensioners Association, Solihull Methodist Church Hall, Station Approach, Solihull B91 1LE</p>	<p>4th Wednesday of each month 11.00am - 1.00pm (Except Aug & Dec)</p>	<p>Promoting the welfare of older people in Solihull & the surrounding area. Activities & talks on subjects of interest to older people.</p> <p>Contact Alan Thomas 0121 705 3342</p>
<p>Memory Café Family Center rear of Solihull Renewal Church Lode Lane Solihull B91 2JR</p>	<p>Monthly on Friday 10.00am</p>	<p>Support for those with dementia and their carers. This group creates a huge sense of belonging, love & togetherness. Respite & refreshments at a small charge.</p> <p>Contact 0121 711 7300 or email hello@renewalcc.com</p>

<p>The Oddfellows Society Royal British Legion Club Broomfield Hall Union Road Solihull B91 3DH</p>	<p>3rd Thursday of each month 2.00pm - 3.30pm</p>	<p>A small friendly society promoting the wellbeing of over 50's. Call in for a cuppa & a chat. Free parking on site. Contact Joanne 07542 802 430 Liz 0121 707 5626 or email birtingham@oddfellows.co.uk</p>
<p>Singing For The Brain Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>3rd Thursday of each month 10.30am - 12.00pm</p>	<p>Bringing people affected by dementia & their carers together with a friendly and stimulating activity. Contact 0121 700 7361 or email david.johnson@alzheimers.org.uk</p>

<p>Lunch Club & Coffee Morning St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1st 3rd & 4th Wednesday 12.00pm 2nd Wednesday of each month Coffee & cake at 10.30am</p>	<p>Home cooked meal at a small cost. Contact Anne Noble 07808 722 848 for more details.</p>
<p>Striving Stars Drawing & Talking Therapy. Various locations in and around the area.</p>	<p>Various days & times available.</p>	<p>For those living with dementia & their carers & families. Allows individuals to discover & communicate emotions through drawing. Contact Emma 07958 559 138 or email strivingstars17@gmail.com</p>

Solihull
Wheels for All
Tudor Grange
Leisure
Centre
Blossomfield
Road
Solihull
B91 1NB

Monday &
Wednesday
10.30am -
12.30pm

Sessions
run all year
round
including
through
the winter

A charity providing
inclusive cycling for
all - including
enabling people with
a disability or
restricted mobility to
experience the thrill
and fun of wheeled
recreation.

No booking
necessary, new
attendees welcome.
See Facebook page
for up-to-date
information.

<https://www.facebook.com/Solihull-Wheels-for-All-2395952393959855>

For private group
sessions and general
enquiries email

Solihullwfaenquiries@gmail.com

<p>Community Café Place to Eat Restaurant 1st floor John Lewis Touchwood Solihull B91 3GJ</p>	<p>1st Tuesday of each month 11.00am - 12.00pm</p>	<p>All welcome for a friendly coffee and chat to make new friends. Contact Sara 0121 704 7278 for more information.</p>
<p>Push On Wellbeing Poplar Arcade Touchwood Shopping Center Solihull B91 3SW</p>	<p>Monday - Friday 09.30am - 3.00pm</p>	<p>Wellbeing Retreat. Free massages. Ideal for those in pain waiting for NHS treatment. Coffee and cakes. Phone 07541 395 656 for more details on all POW's activities.</p>

<p>WARM HUB (Faith or no Faith) Solihull Central Masjid Warwick Road Solihull B91 3HG</p>	<p>Sunday 11.00am - 12.00pm</p>	<p>A chat with free tea, coffee and refreshments. Supporting anyone suffering loneliness and affected by the high cost of living.</p> <p>Contact 07894 881 211 or email info@solihullmasjid.org.uk</p>
<p>Coffee Morning Blossomfield Rose Care Home, Blossomfield Road, Solihull B91 9FN</p>	<p>Tuesday 10.00am - 12.00pm</p>	<p>Everyone welcome for drinks, cakes and a chat.</p> <p>Contact 0121 796 6490.</p>

<p>Memories and Music Singing Group The Studio The Core Theatre Homer road Solihull B91 3RG</p>	<p>Friday 10.30am - 11.30am</p>	<p>A friendly singing group run by Solihull Music for people living with dementia and their carers. Music can improve mood and wellbeing bringing back old memories and feelings.</p> <p>Email paula.ewer@solihull.gov.uk for further information.</p>
<p>Wellbeing Wednesdays Greville Arms Cornyx Lane Solihull B91 2RB</p>	<p>Wednesday 10.30 – 11.30am</p>	<p>Meet up for a chat & refreshments. 5 steps to mental wellbeing.</p> <p>Contact Minister Suzette Maguire 07464 471 333 before attending.</p>

<p>Rock Choir Solihull Preparatory School Brueton Avenue Solihull B91 3EN</p>	<p>Monday 7.15pm - 8.45pm</p> <p>Term time only</p>	<p>Contemporary Choir. No auditions or musical knowledge needed. It's all about fun, community, friendship and life changing experiences.</p> <p>Contact 01252 714 276 Mon-Fri 9.00 -5.00 Email: office@rockchoir.com</p> <p>Website: www.rockchoir.com</p>
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<p>Community Café Place to Eat Restaurant 1st floor John Lewis Touchwood Solihull B91 3GJ</p>	<p>1st Tuesday of each month 11.00am - 12.00pm</p>	<p>All welcome for a friendly coffee and chat to make new friends.</p> <p>Contact Sara 0121 704 7278 for more information.</p>
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Section Two – Shirley

Club	Day	Details
<p>Tuesday's Club Shirley Baptist Church 144 Stratford Rd Shirley B90 3BD</p>	<p>Tuesday 10.30am - 12.30pm Or 2.00pm - 4.00pm</p>	<p>For retired people to meet new people. Activities & refreshments.</p> <p>Contact the church office 0121 733 8089 before attending.</p>
<p>BINGO LAYCA Community Centre Stretton Road Shirley B90 2RL</p>	<p>Wednesday 1.00pm - 3.00pm</p> <p>Friday 7.00pm – 9.00pm</p>	<p>Full & Half Books available to purchase. small entrance fee with Tea, coffee & biscuits provided.</p> <p>Contact 0121 744 144</p>

<p>A Teacup & A Handshake British Legion Parkgate Shirley B90 3GG</p>	<p>1st Friday of each month 10.30am - 12.30pm</p> <p>Thursday 2.00pm - 3.30pm</p> <p>Wednesday 10.00am – 12 Noon</p> <p>Monday 7.00pm</p>	<p>Open to everyone, no need to book. Chat & refreshments available British Legion outreach worker attends to support or advise if needed.</p> <p>Bingo - Buy your book. Cash prizes & a raffle.</p> <p>Gardening Club - Get together with fellow gardeners. Tea & coffee available.</p> <p>Knit & Natter - Get together for a chat to knit or sew. Refreshments available.</p> <p>Contact 0121 744 163</p>
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<p>Keep Dancing LAYCA Centre Stretton Road Shirley B90 2RL</p>	<p>Tuesday 1.00pm – 2.00pm</p>	<p>Low impact dance moves from around the world. No partner needed. Booking essential.</p> <p>Contact Faye 07984 423 534 or email info@fayeoconnordance.com</p>
<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the borough of Solihull</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team 0121 704 8207 or see www://solihullonthemove.co.uk/</p>

<p>Dementia Café Blossomfield Grange Care Home (Formerly Sunrise of Solihull) 1 Worcester Way Off Dog Kennel Lane B90 4JX</p>	<p>1st Monday of each month 10.30am - 12.00pm (Excluding Bank Holidays)</p>	<p>Socialise in a relaxed environment, meet new friends, ask any questions around memory loss & join in activities. Complimentary refreshments. No charges. Booking essential.</p> <p>Contact Jo 0121 667 4626 or email Jo.hopkins@careuk.com</p>
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Walking
Netball &
Football
Beechcroft
Multi-Sports
Community
Club
Hall Green
Birmingham
B28 9ER

Various
Days

Senior walking
netball/football
sessions run by
qualified coaches.
Equipment is
provided. Great place
to meet new people
and improve fitness &
wellbeing. All
sessions are booked
online & then pay &
play on arrival.

Contact
0121 796 1330

Doc Spot
Solihull Active
The scheme
operates at
Tudor Grange
Sports Centre
&
Hampton
Heath Club

Session
times &
prices vary
depending
on the
centre

Your GP or Practice
Nurse can complete
the Doc Spot referral
form for a 12-week
programme of
physical activities for
people with long-term
conditions or
recovering from injury
or illness based at a
designated Leisure
Centre.

Contact Solihull
Active Team on 0121
704 8207 for more
info.

[www://solihullonthe
move.co.uk/get-
support-to-be-
active/people-with-
long-term-health-
conditions/docspot-
exercise-referral/](http://www://solihullonthe
move.co.uk/get-
support-to-be-
active/people-with-
long-term-health-
conditions/docspot-
exercise-referral/)

<p>Parkinson's Café Solihull Retirement Village Victoria Crescent Shirley Solihull B90 3LP</p> <p>Free parking at rear</p>	<p><u>Every</u> <u>Other</u> Thursday</p> <p>10.30am - 1230pm</p> <p><u>Please</u> <u>phone to</u> <u>check</u> <u>dates.</u></p>	<p>A chat over a cup of tea and to get some information and advice from others affected by Parkinson's. Partners, friends, family, all are welcome and it's Free! Contact 07377 987 018 or email enquiries@solihullpar kinsons.org.uk www://solihullparkins ons.org.uk/</p>
<p>Paracise Exercise Club Solihull Retirement Village Victoria Crescent</p>	<p>Monday 11.00am - 11.45am</p>	<p>Movement to music. Suitable for everyone. No floorwork, gentle on joints, improve posture, balance and mobility.</p>

<p>Shirley Solihull B90 3LP</p>		<p>Just turn up or contact Dawn on 07532 160 610 for more info. Email dawn@risehealthandfitness.co.uk</p>
<p>Fountains Care Home 1355 Stratford Road Shirley Solihull B90 4EF</p> <p>Continued Over ...</p>	<p>Last Thursday of each month 10.00am - 12.00pm</p>	<p><u>Dementia Café</u> Support for those living with dementia and those caring for a loved one. Come along & enjoy light refreshments, company and activities or just sit and relax.</p> <p><u>Community Café</u> Come along & enjoy light refreshments, company and activities or just sit and relax.</p>

	<p>Friday 1.00pm - 2.00pm</p>	<p><u>Don't Dine Alone.</u> Mealtimes can be lonely for older people so come along to enjoy company & a nutritious meal with us.</p> <p>Contact 0121 733 8602 before attending.</p>
<p>Got 2 Sing Choir Light Hall School Hathaway Road Shirley B90 2PZ</p>	<p>Thursday 7.30pm - 9.00pm</p>	<p>Everyone welcome. No auditions or experience needed. Fun & friendly community singing all your favourite hits.</p> <p>Contact Freephone 03330 146 164 or see www.got2sing.co.uk</p>

<p>Widows United Shirley Institute Church Road Shirley B90 2AX</p>	<p>1st Wednesday of each month 1.30pm - 3.30pm</p>	<p>Friendly club for widows. Come along and enjoy quizzes, speakers, social afternoons and coach trips.</p> <p>Contact Margaret Morton 0121 474 6360</p>
<p>Short Mat Bowling Club Shirley Methodist Church 257 Stratford Road Shirley B90 3AL</p>	<p>Monday & Thursday 1.00pm - 3.00pm</p> <p>Friday 7.00pm - 9.00pm</p>	<p>Gentle exercise, fun & friendship. No previous experience required.</p> <p>Bowls & tuition provided. 1st 3 sessions free.</p> <p>Contact Rob 07987 990 215 or email office@shirleymethods.org.uk</p>

<p>Age UK Solihull WednesdayAft ernoon Club Moseley Cricket Club Streetsbrook Rd Shirley B90 3PE</p> <p>(formerly held at St Margarets Church)</p>	<p>Wednesday</p> <p>1.00pm - 3.00pm</p>	<p>Run by Age UK Solihull volunteers</p> <p>Over 65's. Various activities, tea & cake.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending.</p> <p>0121 704 7811 or email activities@ageuksolihull.org.uk</p> <p>Volunteer transport possibly available for additional cost (waiting list applies)</p>
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Section Three – Olton/Elmdon

Club	Day	Details
Age UK Solihull Club JLR The Sportsground, 6 Billsmore Green, Solihull B92 9LN (off Rowood Drive)	1 st Tuesday of each month 12.00pm - 2.15pm	Run by Age UK Solihull staff & volunteers. A lunch club for over 65's. Activities & occasional live singers. Come along to enjoy wonderful company. Lunch £7. Entry £3. Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk

<p>Age UK Solihull The Hobs Meadow Lunch Club Hobs Meadow Pub Ulleries Road Solihull B92 8ED</p>	<p>Thursday 12.00pm - 3.00pm (excluding 3rd Thursday of each month)</p>	<p>Run by Age UK Solihull staff & volunteers. A lunch club for over 65's. Activities & entertainment. Come along to enjoy wonderful company. Lunch £7. Entry £3.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending.</p> <p>0121 704 7811 or email activities@ageuksolihull.org.uk</p>
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<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle activity. Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team 0121 704 8207 or see www://solihullontheMOVE.co.uk/</p>
<p>Striders & Strollers Walking Group Olton Library 169A Warwick Road Olton B92 7AR</p>	<p>Friday 10.30am – 11.30am</p>	<p>Wellbeing walks offer routes that are mostly flat and suitable for all abilities. Share refreshments after the walk to make new friends.</p> <p>Register at Olton Library or contact 0121 704 8207</p> <p>solihullactive@solihull.gov.uk</p>

Doc Spot
Solihull Active
The scheme
operates at:
Tudor Grange
Sports Centre
Hampton
Heath Club
North Solihull
Sports Centre
Smiths Wood
Community
Gym

Session
times &
prices vary
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Your GP or Practice
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people with long-term
conditions or
recovering from injury
or illness based at a
designated Leisure
Centre.

Contact Solihull
Active Team on 0121
704 8207 for more
info.

[www://solihullonthe
m
ove.co.uk/get-
support-to-be-
active/people-with-
long-term-health-
conditions/docspot-
exercise-referral/](http://www://solihullonthe
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ove.co.uk/get-
support-to-be-
active/people-with-
long-term-health-
conditions/docspot-
exercise-referral/)

<p>Solihull Stroke Club Olton Friary St Bernards Road Olton Solihull B92 7BL</p>	<p>Wednesday 9.00am - 1.30pm (Excluding Bank Holiday weeks)</p>	<p>Everyone affected by stroke is welcome. Play games, do some exercises, occasional speaker, play bingo, weekly quizzes, sing-a-longs. Coffee/tea & biscuits on arrival and a 2 - course meal at lunchtime. Contact Pamela 0121 744 3265 for more information.</p>
<p>Community Group for Older People Lyndon Pub 190 Barn Lane, Olton Solihull B92 7LY</p>	<p>Thursday 10.00am - 12.00pm</p>	<p>Social group of approx. 30 people. Tea, coffee & cake £1 per week. Stay for a pub meal with other members afterwards if you like. Just turn up or phone pub 0121 743 2179</p>

<p>Solihull Society for Physically Handicapped Langley Hall Social Club 40 Langley Rd Olton Solihull B92 7HE</p>	<p>Last Wednesday of each month 6.45pm - 9.00pm</p>	<p>Live entertainment, Light refreshments, raffle etc. Taxi fees paid. Contact Nikki before attending 07875 540 897</p>
<p>Wednesday Social Club Yardley Ex Service Mens Club 328 Yardley Rd Birmingham B25 8LT</p>	<p>Wednesday 12.00pm - 3.00pm</p>	<p>Everyone welcome including non- members. Singer and Bingo. Contact Pat Smith for more details 0121 706 0202 before 11am or leave a message & she will return your call.</p>

<p>Lunch Service Kingsford Court 125 Ulleries Road Hobs Moat Solihull B92 8DT</p>	<p>Mon to Friday & Sunday</p>	<p>2 or 3 course meals available</p> <p>Contact Lesley 07483 110 768 for information on prices and times.</p>
<p>Whist Club Josiah Mason Trust Mason Court Hillborough Road Olton Solihull B27 6PF</p>	<p>Tuesday 1.30pm - 4.00pm</p>	<p>£2.50 per person. Break for tea and biscuits halfway through.</p> <p>No need to book, just turn up.</p> <p>Contact Ray 0121 743 7813 for more details.</p>

<p>Move it or Lose It Exercise Class St Margaret's Church Hall St Margaret's Road Olton B92 7JS</p>	<p>Thursday 10.00am - 11.00am</p>	<p>A women's gentle exercise class.</p> <p>Free to attend for 8 weeks beginning Thursday 8th August 2024.</p> <p>To book a place contact Manisha on 07999 388 657 or email mpatel@moveitorloseit.co.uk</p>
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<p>Bereavement Café The Tea Chest Café, 242 Lyndon Road, Solihull B92 7QW</p>	<p>1st Friday of each month 10.30am - 12.30pm</p>	<p>Supporting those feeling sad or isolated following the loss of a loved one. A relaxed, safe environment to talk with others who are going through similar circumstances.</p> <p>The cafes are free and provide a little happiness to the day. No need to book.</p> <p>Contact Tracey 07816 529 397 for more information.</p>
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Section Four – North Solihull

Club	Day	Details
<p>Ascent Group St. Anthony's Church Oakthorpe Dr Kingshurst B37 6HP</p>	<p>Thursday 1.30 – 3.00pm</p>	<p>Over 50's who are Christians. Bible study and friendship.</p> <p>Contact Barbara Bryam On 0121 681 4248</p>
<p>Arden Hall Water Orton Road Castle Bromwich B36 9PB</p>	<p>Various days</p>	<p>Tuesday Line Dancing 10.00am (intermediate) & 11.30am</p> <p>Tuesday Friends in Retirement Sequence Dancing 1.30pm & 3.30pm</p> <p>2nd & 4th Wednesday Castle Bromwich W.I. 2.00pm</p> <p>Contact 0121 747 7150</p>

<p>Push On Wellbeing's Community Project 14 Maple Walk Chelmsley Wood B37 5TS</p>	<p>Monday 3.00pm – 4.00pm 4.00pm – 5.00pm Wednesday 11.00am – 12.00pm Thursday 11.30am – 12.30pm</p>	<p>Over 50's Art & Crafts Positive Action 4 Mental Wellbeing Knit & natter</p>
<p>Off the Street Retreat Lily's Tea Parlour Chelmsley Wood Shopping Centre</p>		<p>Ukrainian Family Club Free massages. Ideal for those in pain waiting for NHS treatment. Phone 07541 395 656 for more details on all POW's activities</p>

<p>Keep Fit Fordbridge Centre Nineacres Drive Chelmsley Wood B37 5DD</p>	<p>Thursday 1.30pm - 3.30pm</p>	<p>Gentle joint exercise, some line dancing followed by a cuppa and a chat.</p> <p>Contact Sheila 0121 770 2432</p>
<p>Line Dancing Shard End Community Centre 170 Packington Avenue Birmingham B34 7RD</p>	<p>Thursday 12.00pm - 1.00pm</p> <p>1.00- 2.00pm advanced</p>	<p>Beginners class</p> <p>Advanced class</p> <p>Contact 0121 464 5485</p>

<p>Tea Dance St Anne's Church Bosworth Drive B37 5DP</p>	<p>Last Wednesday of each month 1.30pm - 3.30pm</p>	<p>Contact Teresa 07873 570 583 Or St Annes Church 0121 770 3283</p> <p>Please phone before attending.</p>
<p>The Wellbeing Community Choir Fordbridge Centre Nineacres Drive Fordbridge B37 5DD</p>	<p>Monday 5.30pm- 7.00pm</p>	<p>Free to join but a donation of £4 per session is welcomed if you can afford to do so.</p> <p>Turn up & ask for Martin Trotman or Contact Keely on 07841 924 289 Or thewellbeingchoir@outlook.com</p>

Doc Spot
Solihull Active
operates at
North Solihull
Sports Centre
& Smiths
Wood
Community
Gym

Session
times &
prices vary
depending
on the
centre

Your GP or Practice
Nurse can complete
the Doc Spot referral
form for a 12-week
programme of
physical activities for
people with long-term
conditions or
recovering from injury
or illness based at a
designated Leisure
Centre.

Contact Solihull
Active Team on 0121
704 8207 for more
info.

www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/

<p>St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BX</p>	<p>Monday fortnightly 10.30am – 11.45am</p> <p>1.00pm</p> <p>Thursday 4th week of each month 1.00pm – 2.30pm</p>	<p>Cornerstone Bible Fellowship</p> <p>Craft Group</p> <p>The Oasis Forget Me Not Café For people with memory loss & their carers. Refreshments, board games etc.</p> <p>Contact 0121 748 5550 for more information.</p>
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<p>Moorfield Community Centre Hartshill Road Birmingham B34 6QX</p>	<p>Tuesday 5.00pm - 6.30pm</p> <p>Friday 12.00pm - 1.30pm</p>	<p>Social group with refreshments & various activities, board games, karaoke or bingo.</p> <p>Fish & chip lunch with a hot drink & pudding £6.</p> <p>Contact 0121 362 3650</p>
<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team 0121 704 8207 or see www://solihullonthemove.co.uk/</p>

<p>Three Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP</p> <p>Continued over....</p>	<p>Monday 10.30am - 12.30pm</p> <p>1.30pm- 3.00pm</p> <p>Tuesday 6.30pm - 7.30pm</p> <p>7.30 - 9.45pm</p> <p>Wednesday 1.30pm - 3.30pm</p>	<p>Mental Health Pop In All welcome for a Chat and refreshments.</p> <p>The Listening Project Listen & discuss music</p> <p>Northern Star Ukulelele Band. Beginners & experts.</p> <p>North Solihull Singers. Proper community choir. All kinds of songs.</p> <p>Live Music from our resident musician. Lunch available from 3 Beans Cafe.</p>
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1.00pm -
3.00pm

Start Art Group

7.00pm –
8.30pm

Circle. A men's group to meet, chat, solve the world's problem & go home.

Thursday
10.30am -
12.00pm

Come Out Come In. A social support group for coffee, chat & new friends.

1.00pm -
2.30pm

Flow. A sketching group with local artist.

1st Friday
of month
2.00 pm

Ladies Fellowship
ecumenical
group.

Contact Debbie or
Helen

0121 582 076

<p>Mid-Week Minglers St Barnabas Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Wednesday 9.30am - 11.30am</p>	<p>Any age welcome. Chat, dominoes, fund raising. Tea & coffee. Christmas dinner.</p> <p>Contact Sindy Davison 0121 770 6152</p>
<p>Young at Heart Programme North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Various days & times</p>	<p>Activities including: Short Mat Bowling Multi Activities inc. swim Low Impact Exercise Tai Chi Social Badminton Water Mobility</p> <p>Always phone before attending 0121 770 3822</p>

<p>The Jolly Club Kingshurst District & Labour Club Clopton Crescent Chelmsley Wood B37 6QU</p>	<p>Thursday 12.00pm - 3.00pm</p>	<p>Singer, bingo & refreshments. Bar is open. Day trips and holidays arranged. Just turn up and pay a small entrance fee.</p> <p>Contact Brian 07592 550 115</p>
<p>Forget Me Not Memory Café Coleshill Town Hall Old Court Room High Street Coleshill B46 3BG</p>	<p>1st & 3rd Thursday of each month 12.00pm – 3.00pm</p>	<p>Entertainment and games for those with memory loss and their carers. Tea, coffee & cakes.</p> <p>Contact Diane 01675 464 634.</p>

<p>Singing for the Brain Seeds of Hope St Barnabas Community Hall Overgreen Drive Kingshurst B37 6EY</p>	<p>3rd Monday of each month 1.00pm - 2.30pm</p>	<p>Singing sessions bringing people affected by dementia & their carers together in a friendly and stimulating activity. Run by the Alzheimer's Society.</p> <p>Contact 0121 706 4052 or email birminghamandsolihull@alzheimers.org.uk</p>
<p>Everyone Active North Solihull Sports Center Conway Road, Chelmsley Wood, B37 5LA</p>	<p>Various days and times</p>	<p>Social Table Tennis Social Badminton Low impact exercise Gentle Swim Session Tai Chi Cycling</p> <p>Contact 0121 770 3822 for details.</p>

<p>Recycled Teenagers Chelmsley Wood Town Council & Onward Club 107 Helmswood Drive Chelmsley Wood B37 7NS</p>	<p>Friday 10.00am – 1.00pm</p>	<p>Warm hub for over 60s'. Providing hot drinks, food, activities, days out, games and company for local residents. There is no charge to attend the warm hub. Contact 0121 770 4499</p>
<p>Sequence Dancing Seeds of Hope St Barnabas Community Hall Over Green Drive Kingshurst B37 6EY</p>	<p>Friday 11.00am – 1.00pm</p> <p><u>Excluding the 1st Friday of each month</u></p>	<p>A friendly club offering sequence & line dancing for over 50's. Contact Ann 0121 770 5140</p>

<p>Seniors Afternoon The Bell Inn 12 Birmingham Road (just off the High St) Coleshill B46 1AA</p>	<p>2nd & 4th Tuesday of each month 1.00pm – 4.00pm</p>	<p>2 course meal, bingo, local singers or DJ's Contact Kelly 01675 463 310 for more info.</p>
<p>Womens Walks Meet at Meriden Adventure Playground Moorend Avenue, Chelmsley Wood B37 5TE</p>	<p>1st Tuesday of each month 1.00pm - 2.00pm</p>	<p>Get out whatever the weather for a walk with drinks afterwards. For more info email ellen@meridenadventureplayground.com</p>

Age UK
Solihull
Marston
Green Tavern
Lunch Club
Station Road
Marston
Green
B37 7AS

Tuesday
12.00pm -
3.00pm

Lunch club with hot
meal run by Age
UK Solihull staff &
volunteers for the
over 65's.
Cost £8.50.

Apply for a place by
contacting Age
UK Solihull, Clubs &
Activities

0121 704 7811 or
email

activities@ageuksolihull.org.uk

before attending.

<p>Friday Meet Up Windsor Room, Arden Hall, Water Orton Rd, Birmingham B36 9PB</p>	<p>1st & 3rd Friday of each month 12:00pm - 3:00pm</p>	<p>Run by former Age Concern Castle Bromwich volunteers for over 65's. Sandwich, cake and cuppa. Raffle, bingo and great company. Cost £3 per session.</p> <p>Contact 07812 603 122 grahamwooldridge@yahoo.co.uk</p>
<p>You are not alone Chelmunds Court Café 2 Pomeroy Way Chelmsley Wood B37 7WB</p>	<p>Ring for dates and times</p>	<p>Support and companionship for those with a loved one living with dementia. Small fee for refreshments. No need to book.</p> <p>Contact Adele 0121 770 4254</p>

<p>Sing Chelmsley Choir Chelmsley Wood Library Chelmsley Wood Shopping centre B37 5TN</p>	<p>Monday 1.00pm - 2.00pm</p>	<p>A weekly free class that is being run for 20 weeks, starting on 19th August and running up to Christmas.</p> <p>No auditions, no experience required. Popular songs from all decades.</p> <p>Enquire in the library or email: events@pop-voices.co.uk</p>
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Section Five – Rural Solihull

Club	Day	Details
Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Wednesday 10.45am	Ladies Circle. Tea/coffee followed by a session with a speaker/discussion/ entertainment. Email ladiescircle@dorridge methodists.org.uk
	1 st & 3 rd Tuesday of the month 2.00 – 4.00pm	Tea Party. Afternoon tea & a chat. No charge, donations welcome. Contact Joan Pulley 01564 205121
	3 rd Friday of each month 12.00pm	An optional church service in Room 1 followed by:
Continued over...		

	<p>12.30pm</p>	<p>Lunch Club. Join us for a chat & a 2 course meal for a small charge Contact Shirley Atkinson.</p> <p>Contact office on 07553 742448 or www.dorridgemethodist.org.uk for more information on any clubs.</p>
<p>Inspire at St Philips St Philips Church Centre Dorridge B93 8NY</p>	<p>1st & 3rd Monday of each month 7.30pm</p>	<p>All ages welcome to this church based social group.</p> <p>Contact Kitty Grundy 01564 773 920</p>

<p>St Phillips & St James Friendship Group St Philips Church Centre Dorridge B93 8NY</p>	<p>2nd Saturday of each month 2.30pm</p>	<p>Social group with afternoon tea. Regular speakers & good company.</p> <p>Contact 01564 775 652 for more information.</p>
<p>Forever Active St Philips Church Dorridge B93 8NY</p>	<p>Monday 10.00am – 11.00am</p> <p>Wednesday 11.30am - 12.30pm</p>	<p>A physio-led strength and balance class for all ages. Developed with the latest research to support older adults regain & maintain their strength, balance & independence. 1st class free.</p> <p>Contact 07738 830 848 for more information.</p>

<p>Club 'K' Lady Katherine Leveson The Old Hall Fen End Road West Temple Balsall B93 0AN</p>	<p>Thursday 1.00pm – 3.00pm</p>	<p>Run by volunteers for the over 60's. Afternoon tea and biscuits. Opportunity to make new friends. Small friendly group.</p> <p>Contact Lorraine Mullard 0121 745 9035 or 07709 500781 or email stuartmullard@yahoo.co.uk</p>
<p>Knit & Natter Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>3rd Monday of each month 2.00pm - 4.00pm</p>	<p>Bring your own project. Just turn up, no charge.</p> <p>Contact Dennise 07899 914 228</p>

<p>Tai Chi Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Monday 10.30am - 11.30am</p> <p>also</p> <p>Thursday 10.00am - 11.00am</p>	<p>Contact Jan Wilson 07808 557 837 or email janwilson33@yahoo.co.uk</p>
<p>EXTEND Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 10.45am - 11.45am</p>	<p>Gentle exercise for the older person to challenge fitness levels. Can be done seated.</p> <p>Contact Jenny 01564 772268</p>

<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team 0121 704 8207 or see www://solihullontheMOVE.co.uk/</p>
<p>F I R S Art Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 1.00pm - 4.00 pm</p>	<p>Contact Ros 01564 739 129 or email roswithers@googlemail.com</p>

<p>Keep Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 11.30am - 12.30pm</p>	<p>Over 50's low impact dance steps from around the world. No partner needed.</p> <p>Contact Faye 07984 423 534 or email hello@xpress- yourself.co.uk</p>
<p>Line Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 2.00pm - 3.30pm</p>	<p>Contact Mavis 07714 771 048</p>

<p>Dorridge & District Gardening Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Thursday of each month 7.30pm</p> <p><u>only certain months</u></p>	<p>Email bentleyheathhall@gmail.com</p>
<p>Solihull RSPB Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Thursday of each month 7.30pm</p> <p><u>Only certain months</u></p>	<p>Contact Sophie 0121 744 4529 or email sophie.rspbsolihull@gmail.com</p>

<p>The Cottage Garden Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Saturday of each month 2.30pm</p> <p>Sept – April indoors.</p>	<p>Contact Margaret Lane 01564 783 475 For more information.</p> <p>Occasional trip or plant sale in Summer.</p>
<p>South Devon Railway Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Last Thursday of each month 8.00pm</p> <p><u>Sept – April</u> <u>only</u></p>	<p>Contact Roger Inwood 0121 704 9764</p>

<p>The Hardy Plant Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Saturday of each month 2.30pm <u>only certain months</u></p>	<p>Contact Bridget 01564 205 363 or email wmids@hardy-plant.org.uk</p>
<p>The Café Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Saturday of each month 10.00am - 12.00pm</p>	<p>All welcome.</p>

<p>Jubilee Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Sunday 7.30pm</p>	<p>Bingo and social. Please arrive at 7.00pm on your 1st visit to register.</p> <p>Contact Cliff 07976 236 141</p>
<p>Knowle Knitwits The Guildhall (next to Church) High Street Knowle B93 0LN</p>	<p>4th Monday of each month 2.00 - 4.00pm</p>	<p>Knitting or tapestry. Wool, needles & patterns supplied for charity knitting or bring your own but no experience needed. Voluntary donation. Chat & coffee.</p> <p>Contact Judy Townsley 01564 774413 or email judyandmike@btinternet.com</p>

<p>Big Brew United Reform Church Station road Knowle B93 0HN</p>	<p>Tuesday 10.00am - 12.00pm</p>	<p>A place to meet for coffee, tea, cake and a chat. No charge, just a small donation towards refreshments.</p> <p>Contact Stephanie 01564 775 527</p>
<p>Move It or Lose It United Reform Church Station road Knowle B93 0HN</p>	<p>Thursday 1.30pm</p>	<p>Fun & friendly seated or standing class to improve balance, confidence, mobility, flexibility, strength & independence. 1st class free of charge.</p> <p>Contact Liz Gavin 07962 035 744 or email liz.gavin@moveitorloseit.co.uk</p>

<p>Pickleball Bentley Heath Tennis Courts next to Community Centre Widney Rd Bentley Heath Solihull B93 9BQ</p>	<p>Monday & Wednesday 1.00pm – 3.00pm</p> <p>Friday 7.00pm – 9.00pm</p>	<p>An outside sport for all ages, combines elements of tennis, badminton & table tennis. All equipment is provided but trainers or tennis shoes are required.</p> <p>Contact Bob 07890 996 716</p>
<p>Memories Café Balsall Common Village Hall 112 Station Rd Balsall Common CV7 7FF</p>	<p>2nd Wednesday of each month 1.15pm - 3.00pm</p>	<p>For those living with dementia and their carers.</p> <p>Contact Christine Hornsby 07974 140 353 before attending.</p>

<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Hampton Heath Club</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12-week programme of physical activities for people with long-term conditions or recovering from injury or illness based at a designated Leisure Centre.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more info.</p> <p>www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</p>
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Balsall
Common
Village Hall
112 Station
Road
Balsall
Common
CV7 7FF

Various
Days

Several clubs &
activities to suit older
people including:

University of 3rd Age
Groups

Retired Keep Fit
Class

Circle Dancing Class
Dance class for older
people - no partner
needed.

Contact Jackie
Tomnie

01676 533 315
or email

[enquiries@balsallco
mmonvillagehall.org.
uk](mailto:enquiries@balsallcommonvillagehall.org.uk)

Or see website

[www.balsallcommonv
illagehall.org.uk/](http://www.balsallcommonvillagehall.org.uk/)

<p>Memories Coffee & Chat Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL</p>	<p>1st Thursday of each month 11.00am - 12.30pm</p>	<p>For those living with dementia and their carers. Contact Christine Hornsby 07974 140 353 Before attending.</p>
<p>Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS</p>	<p>Various days & times</p>	<p>Over 65's small group exercises including seated mobility, pilates, yoga, mindfulness & meditation and gentle dance aerobics. Contact Rob 07740 289 350 for more information or email admin@triwellness.co.uk</p>

<p>Coffee Morning Eastcote Park Knowle Road Eastcote Solihull B92 0JA</p>	<p>Friday 11.00am - 12.30pm & <u>Last</u> <u>Wednesday</u> of each month 2.00pm - 3.30pm</p>	<p>Everyone is welcome to enjoy a coffee and meet new people in a safe environment.</p> <p>Contact 0121 756 3149 or email eastcote.enquiries@cinnamoncc.com</p>
<p>Music & Memories Eastcote Park Knowle Road Eastcote Solihull B92 0JA</p>	<p>Every other Monday from 2nd of October 2023 2.30pm - 3.30pm</p>	<p>A singing group run by Solihull Music for anyone living with dementia and their carers.</p> <p>No charge but booking is essential Contact 0121 756 7374 or email eastcote.enquiries@cinnamoncc.com</p>

Paracise
Exercise
Club
The Red Lion
1672 High
Street
Knowle
Solihull
B93 0LY

Free parking
at rear

Tuesday
12.15pm -
1.00pm

Movement to music.
Suitable for
everyone. No
floorwork. Gentle on
joints. Improves
posture, balance and
mobility.

Just turn up or
contact Dawn
07532 160 610 for
more info.

or email

[dawn@risehealthand
fitness.co.uk](mailto:dawn@risehealthandfitness.co.uk)

Renew Café
The Guild
House
1717 High
Street
Knowle
B93 0LN

Wednesday
2.00pm -
4.00pm

A place to relax and feel restored.
All are welcome to spend some quiet time with a cup of tea or coffee, to chat to others if you like, or enjoy a hobby or puzzle.
Optional prayer and meditation session.

email

Emily.Spencer@kpc.org.uk

Website

www.kpc.org.uk

Age UK
Solihull
Friendship
Lunch Club
Red Lion
Pub
1672 High
Street
Knowle
B93 0LY

Thursday
12.00pm -
2.30pm

Run by Age
UK Solihull staff &
volunteers for over
60's.
Socialise and enjoy a
hot meal. Various
activities.

Cost £8 (£6 for meal
& tea or coffee, £2
for activities).

Apply for a place by
contacting Age
UK Solihull, Clubs &
Activities 0121 704
7811 or email
[activities@ageuksolih
ull.org.uk](mailto:activities@ageuksolihull.org.uk)
before attending.

<p>Warm Hub Jubilee Centre (behind Costa) 225 Station Road Balsall Common CV7 7FE</p>	<p>1st & 3rd Thursday of each month <u>throughout the winter months.</u> 9.30am - 11.30am</p>	<p>Balsall Common Lions will greet you with a smile, a warm drink and a slice of something sweet!</p> <p>Enjoy a chat in a welcoming warm space.</p> <p>See website for details: www.balsallcommonlions.org</p>
<p>Pop Voices Adult Choir Knowle British Legion 1611 Warwick Road Knowle B93 9LU</p>	<p>Thursday 10.30am - 12.00 Noon</p>	<p>A new group Jan 2024 for adults of all ages & abilities. Led by Amy. Contact info@pop-voices.co.uk for more detail.</p>

Rock Choir
St George &
St Teresa
Parish Centre
Station Road
Dorridge
B93 8EZ

Tuesday
10.00am -
11.30am
Term time
only

Contemporary Choir.
No auditions or
musical knowledge
needed.
It's all about fun,
community,
friendship and life
changing
experiences.

Contact 01252 714
276

(Mon-Fri 9.00-5.00)

Email:

office@rockchoir.com

Website:

www.rockchoir.com

<p>Memory Café Birchmere Mews Care Home 1270A Warwick Road Knowle B93 9LQ</p>	<p>1st Tuesday of each month 10.30am - 12.00pm</p>	<p>Meet new people with complimentary refreshments & pastries. No booking required. Contact Leanne Simms Birchmeremews.CSM @averyhealthcare.co .uk</p>
<p>Dorridge & Knowle Memory Cafe Dorridge Methodist Church 103 Mill Lane, Bentley Heath, Solihull, B93 8NY</p>	<p>Tuesday 10.30am - 12.30pm</p>	<p>Helping people, their carers and loved ones live well with dementia. Variety of activities: painting, singing and dancing. £3 per person (including refreshments) Contact Karen 07974 263 742 or email karen.wilkinson@uni quecare.co.uk</p>

<p>Welcome Wednesdays Eastcote Park Care Home Knowle Road, Barston, Solihull B92 0JA</p>	<p>1st Wednesday of each month 2.00pm - 3.30pm</p>	<p>Hot drinks, cake, activities and wonderful company.</p> <p>Suggested donation to attend - £3</p> <p>Apply for a place by contacting Age UK Solihull, Clubs & Activities on 0121 704 7811 or email activities@ageuksolihull.org.uk before attending.</p>
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DAY CENTRES

Park View
Day Centre
Monkspath
Hall Road
Solihull
B91 3LU

Please phone
for more details

Manager Emma
Berry

0121 704 7499

Mixed ages
with learning &
physical
disability or
dementia.

Star & Garter
Day Centre
(Veterans
only)
Tudor
Coppice
Monkspath
Hall Road
Solihull
B91 3DE

Tel: 0121 711
6322
Email:
solihull.enquiries@starandgarter.org

Website:
www.starandgarter.org/

**Veterans
only.**

Meet new
people, have
wonderful
food and
enjoy a host
of
entertainment

<p>Colebrook Day Centre 291 Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>Please phone for more details 0121 717 1683</p>	<p>Older people. Social & leisure activities</p>
<p>Shepherdson Court Day Centre 7 Damson Parkway Solihull B91 2PP</p>	<p>Tel: 0121 711 4266 Email: daycentremanager@raynerhouse.co.uk Website: www.raynerhouse.co.uk/</p>	<p>Daily activities, weekdays for residents and external visitors to have a stimulating and sociable experience.</p>

<p>Willow Grange Care Home 119 St Bernards Road Solihull B92 7DH</p>	<p>Tel: 0121 708 0804 Email: info@willowgrangehome.co.uk Website: www.willowgrangehome.co.uk/</p>	<p>Social activities for older people</p>
<p>The Blanning Day Centre Winster Ave Dorridge Solihull B93 8ST</p>	<p>Tel: 01564 771 179 Email: enquiries@familycaretrust.co.uk Website: www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/</p>	<p>Providing specialist care and support for people with memory problems, such as Alzheimer's, strokes, Parkinson's and other mental health problems.</p>

Rose Cottage
Care Farm
Stratford
Road
Hockley
Heath
Solihull
B94 5NH

Tel: 07825 698
649

Email:
tina@rosecottage.care

Website:
www.rosecottage.care/

Person-centred day care for 20 adults with additional needs aiming to give purpose & satisfaction through horticulture & animal therapy amongst many other activities.

<p>Shirley Dementia Day Care Service Pheonix House 2 Swallows Meadow Shirley Solihull B90 4PQ</p>	<p>Tel: 07538 104514</p> <p>Email: tlcareshirley@gmail.com</p>	<p>Expert and compassiona te care. Engaging activities. Holistic approach in a safe and secure environment.</p>
<p>Prince of Wales Nursing Home 246 Prince of Wales Lane Solihull Lodge Birmingham West Midlands B14 4LJ</p>	<p>Please phone for more details</p> <p>Lisa Fielding Wellbeing Activity Co- ordinator</p> <p>0121 436 6464</p>	<p>Companion- ship, a free meal and / or join in with an activity.</p>