

# Clubs List



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Updated November 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 from Age UK Solihull 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, and 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](http://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 313 0634 or [www.thewi.org.uk](http://www.thewi.org.uk) to find details of your local club.

Friends in Retirement Solihull organise many activities including bowls, keep-fit, singing, dancing and art. They have groups across the borough. They can be contacted on 07535 669018 or [www.friendsinrecreation.co.uk](http://www.friendsinrecreation.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](http://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 0800 716543.

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 the Adult Social Care Team on 0121 704 8007.

## Section One – Solihull

<b>Club</b>	<b>Day</b>	<b>Details</b>
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 <sup>rd</sup> Thursday of each month 7.30pm	All ages are welcome to help organise support for the community.  Contact Steven Walker 0121 711 1318
Solihull Stroke Group Oliver Bird Hall Solihull B91 3RQ	Thursday 10.00am - 12.00pm By prior arrange- ment	Everyone affected by stroke.  Contact Marian Disbery 01676 534 944 before attending.

<p>Cameo Club St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1<sup>st</sup> Wednesday of each month 2.00pm</p>	<p>Talks, film shows, rambles and social events.  Contact Carole Davies 0121 711 1919</p>
<p>Macular society St Augustines Church Hall Herbert Road Solihull B91 3QE</p>	<p>1<sup>st</sup> Thursday of each month 2.00pm</p>	<p>Outings, talks and general catch up.  Contact Dawn Dawson 01564 772 265</p>
<p>Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>Wednesday 10.00am - 11.00am &amp; 11.00am - 12.00pm</p>	<p>To help mobility particularly if you have arthritis and/or osteoporosis.  0121 705 7367</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 finding regular  
classes too much  
maybe who haven't  
exercised for a long  
time, returning from  
injury or have health  
conditions.

Friday  
12.00pm -  
1.00pm

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.thecoretheatreso  
lihull.co.uk](http://www.thecoretheatresoli<br/>hull.co.uk)



<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 <a href="http://www://solihullontheMOVE.co.uk/">www://solihullontheMOVE.co.uk/</a></p>
<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>Gradual Movability Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Thursday 1.00pm - 2.00pm</p>	<p>Falls Prevention Class to improve &amp; maintain muscle strength, balance and stability. Gradually increase mobility &amp; physical functions with physiotherapy-based exercise.</p> <p>Contact Nora before attending 07707 931 439 or email <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.u k</a></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 &amp; entertainment for over 60's.</p> <p>Contact Rabbi or Mrs. Pink 0121 707 5199</p>

<p>Spring Steps  1<sup>st</sup> 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 <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a></p>
<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    Contact 0121 705 6371  for details.</p>

<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre &amp; Hampton Heath Club</p>	<p>Session times &amp; 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. <a href="http://www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>
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<p>Moments United Reform Church 741 Warwick Road Solihull B91 3DG</p>	<p>Monday 10.00am - 12.00pm</p> <p>Tuesday 1.30pm - 3.30pm</p>	<p>Support &amp; encouragement for those with dementia in a relaxed atmosphere with respite &amp; advice for carers.</p> <p>Contact Elaine on 0121 744 6067 before attending as there is a waiting list.</p> <p><b><u>Dance to Health</u></b> A pioneering falls prevention dance programme combining strength &amp; balance exercises. Suitable for anyone over 50 years. Contact 07470 799 540 or <a href="mailto:solihull@dancetohealth.org">solihull@dancetohealth.org</a></p>
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<p>Friendship Café Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>2nd &amp; 4<sup>th</sup> Friday of each month 10.30am</p>	<p>Coffee, smiles, cake &amp; chat. All welcome. Donations appreciated. Contact Diane Webb 07478 001 759 0121 705 7367</p>
<p>Solihull Pensioners Association, Solihull Methodist Church Hall, Station Approach, Solihull B91 1LE</p>	<p>4<sup>th</sup> Wednesday of each month 11.00am - 1.00pm  (Except Aug &amp; Dec)</p>	<p>Promoting the welfare of older people in Solihull &amp; the surrounding area. Activities &amp; talks on subjects of interest to older people.  Contact Alan Thomas 0121 705 3342</p>

<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 &amp; wellbeing. All sessions are booked online &amp; then pay &amp; play when you arrive. Sessions for people living with disabilities i.e. Parkinsons are available. Contact 0121 796 1330 or visit <a href="http://www://bookwhen.com/mpsports">www://bookwhen.com/mpsports</a></p>
<p>Fifties World</p>	<p>Various dates &amp; locations in the Solihull Area</p>	<p>Coffee mornings and trips arranged. Contact Sue 01564 829 830.</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 &amp; togetherness. Respite &amp; refreshments at a small charge.  Contact 0121 711 7300 or  <a href="mailto:hello@renewalcc.com">hello@renewalcc.com</a></p>
<p>The Oddfellows  Society  Royal British  Legion Club  Broomfield  Hall  Union Road  Solihull  B91 3DH</p>	<p>3<sup>rd</sup>  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 &amp; a chat. Free parking on site. Contact  Joanne 07542 802 430  Liz 0121 707 5626 or  email  <a href="mailto:birmingham@oddfellos.co.uk">birmingham@oddfellos.co.uk</a></p>



<p>Singing For The Brain Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>3<sup>rd</sup> Thursday of each month 10.30am - 12.00pm</p>	<p>Bringing people affected by dementia &amp; their carers together with a friendly and stimulating activity. Contact 0121 700 7361 or email <a href="mailto:david.johnson@alzheimers.org.uk">david.johnson@alzheimers.org.uk</a></p>
<p>Lunch Club &amp; Coffee Morning St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1<sup>st</sup> 3<sup>rd</sup> &amp; 4<sup>th</sup> Wednesday 12.00pm  2<sup>nd</sup> Wednesday of each month Coffee &amp; 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 &amp; Talking Therapy. Various locations in and around the area.</p>	<p>Various days &amp; times available.</p>	<p>For those living with dementia &amp; their carers &amp; families. Allows individuals to discover &amp; communicate emotions through drawing. Contact Emma 07958 559 138 or email <a href="mailto:strivingstars17@gmail.com">strivingstars17@gmail.com</a></p>
<p>Community Café Place to Eat Restaurant 1<sup>st</sup> floor John Lewis Touchwood Solihull B91 3GJ</p>	<p>1<sup>st</sup> 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>

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](mailto:Solihullwfaenquiries@gmail.com)

<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.</p> <p>Coffee and cakes.</p> <p>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 <a href="mailto:info@solihullmasjid.org.uk">info@solihullmasjid.org.uk</a></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 CoreTheatre 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.</p> <p>Music can improve mood and wellbeing bringing back old memories and feelings.</p> <p>Email <a href="mailto:paula.ewer@solihull.gov.uk">paula.ewer@solihull.gov.uk</a> 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 &amp; 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: <a href="mailto:office@rockchoir.com">office@rockchoir.com</a></p> <p>Website: <a href="http://www.rockchoir.com">www.rockchoir.com</a></p>

RNIB Solihull  
Social Get  
Together  
The Flute and  
Flagon  
28-30 Station  
Road  
Solihull  
B91 3SB

4<sup>th</sup> Tuesday  
of each  
month  
6.00pm -  
7.30pm

A monthly social meet  
up for working age  
visually impaired  
people in Solihull and  
the surrounding area  
for a drink and/or bite  
to eat in a relaxed  
informal setting.

Booking is required.  
Please contact Sarah  
on 07720 641 408 or  
[sarah.winch@rnib.org.  
uk](mailto:sarah.winch@rnib.org.uk)  
before attending.

RNIB Solihull  
Coffee Morning  
Core Library  
Homer Road  
Solihull  
B91 3RG

3<sup>rd</sup> Monday  
of each  
month  
10.30am -  
12.00pm

The RNIB Solihull Coffee Morning is all about connecting people with sight loss and provides a great opportunity to meet other people with sight loss in Solihull, share experiences, hear from monthly guest speakers and to socialise with friends.

There is no cost to attend the group. £2 for hot drinks.

Booking is required. Please contact Sarah on 07720 641 408 or [sarah.winch@rnib.org.uk](mailto:sarah.winch@rnib.org.uk) before attending.



## Section Two – Shirley

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

A Teacup &  
A Handshake  
British Legion  
Parkgate  
Shirley  
B90 3GG

1<sup>st</sup> Friday of  
each month  
10.30am -  
12.30pm

Open to everyone, no  
need to book. Chat &  
refreshments available.  
British Legion  
outreach worker attends  
to support or advise if  
needed.

Thursday  
2.00pm -  
3.30pm

Bingo - Buy your book.  
Cash prizes & a raffle.

Wednesday  
10.00am –  
12 Noon

Gardening Club - Get  
together with fellow  
gardeners. Tea &  
coffee available.

Monday  
7.00pm

Knit & Natter - Get  
together for a  
chat to knit or sew.  
Refreshments available.

Contact 0121 744 1631

<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 <a href="mailto:info@fayeconnordance.com">info@fayeconnordance.com</a></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 <a href="http://www://solihullontheMOVE.co.uk/">www://solihullontheMOVE.co.uk/</a></p>

<p>Dementia Café Blossomfield Grange Care Home (Formerly Sunrise of Solihull) 1 Worcester Way Off Dog Kennel Lane B90 4JX</p>	<p>1<sup>st</sup> 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 &amp; join in activities. Complimentary refreshments. No charges. Booking essential.  Contact Jo 0121 667 4626 or email <a href="mailto:Jo.hopkins@careuk.com">Jo.hopkins@careuk.co m</a></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

<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre &amp; Hampton Heath Club</p>	<p>Session times &amp; 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. <a href="http://www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullonthe ove.co.uk/get-support- to-be-active/people- with-long-term-health- conditions/docspot- exercise-referral/</a></p>
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<p>Parkinson's Café Solihull Retirement Village Victoria Crescent Shirley Solihull B90 3LP</p> <p>Free parking at rear</p>	<p><u>Every Other</u> Thursday</p> <p>10.30am - 1230pm</p> <p><u>Please</u> <u>phone to</u> <u>check 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 <a href="mailto:enquiries@solihullparkinsons.org.uk">enquiries@solihullparkinsons.org.uk</a> <a href="http://www://solihullparkinsons.org.uk/">www://solihullparkinsons.org.uk/</a></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 &amp; friendly community singing all your favourite hits.</p> <p>Contact Freephone 03330 146 164 or see <a href="http://www.got2sing.co.uk">www.got2sing.co.uk</a></p>

<p>Paracise Exercise Club Solihull Retirement Village Victoria Crescent Shirley Solihull B90 3LP</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. Just turn up or contact Dawn on 07532 160 610 for more info. Email <a href="mailto:dawn@risehealthandfitness.co.uk">dawn@risehealthandfitness.co.uk</a></p>
<p>Widows United Shirley Institute Church Road Shirley B90 2AX</p>	<p>1<sup>st</sup> 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.  Contact Margaret Morton 0121 474 6360</p>



Fountains Care  
Home  
1355 Stratford  
Road  
Shirley  
Solihull  
B90 4EF

Last  
Thursday  
of each  
month  
10.00am -  
12.00pm

### **Dementia Café**

Support for those living with dementia and their carers. Come along & enjoy light refreshments, company and activities or just sit and relax.

### **Community Café**

Come along & enjoy light refreshments, company and activities or just sit and relax.

Friday  
From  
12.30pm

### **Don't Dine Alone.**

Mealtimes can be lonely for older people so come along to enjoy company & a nutritious meal with us.

Contact 0121 733 8602  
before attending.

Short Mat  
Bowling Club  
Shirley  
Methodist  
Church  
257 Stratford  
Road  
Shirley  
B90 3AL

Monday &  
Thursday  
1.00pm -  
3.00pm  
  
Friday  
7.00pm -  
9.00pm

Gentle exercise, fun &  
friendship.  
No previous experience  
required.

Bowls & tuition  
provided.  
1<sup>st</sup> 3 sessions free.

Contact Rob  
07987 990 215  
or email  
[office@shirleymethodist.org.uk](mailto:office@shirleymethodist.org.uk)

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

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

<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 3<sup>rd</sup>  Thursday of each month)</p>	<p>Run by Age UK Solihull staff &amp; volunteers. A lunch club for over 65's. Activities &amp; entertainment. Come along to enjoy wonderful company. Lunch £7. Entry £3.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities before attending.</p> <p>0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></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 <a href="http://www://solihullontheMOVE.co.uk/">www://solihullontheMOVE.co.uk/</a></p>
<p>Striders &amp; 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><a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a></p>

<p>Doc Spot Solihull Active The scheme operates at: Tudor Grange Sports Centre Hampton Heath Club North Solihull Sports Centre Smiths Wood Community Gym</p>	<p>Session times &amp; 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. <a href="http://www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>
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<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-alongs.  Coffee/tea &amp; 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 &amp; 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 &amp; she will return your call.</p>

<p>Lunch Service Kingsford Court 125 Ulleries Road Hobs Moat Solihull B92 8DT</p>	<p>Mon to Friday &amp; 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 <a href="mailto:mpatel@moveitorloseit.co.uk">mpatel@moveitorloseit.co.uk</a></p>
<p>Keep Fit Club Olton Scout Hut Brackleys Way Solihull B92 8QF</p>	<p>Monday &amp; Wednesday 11.00am - 12.00pm</p>	<p>Over 50's keep fit to music.</p> <p>Contact Carol Beard 0121 705 8364</p>

<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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<p>Prance Grange Court 298 Warwick Road Solihull B92 7GL</p>	<p>Monday 11.00am</p>	<p>A chair-supported movement and dance class for older adults with health issues affecting mobility, balance and confidence.</p> <p>Booking Essential. £10 PAYG, discount block booking</p> <p>Contact Nora 07707 931 439 <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a> <u>k</u> before attending.</p>
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## Section Four – North Solihull

Club	Day	Details
Ascent Group St. Anthony's Church Oakthorpe Dr Kingshurst B37 6HP	Thursday 1.30 – 3.00pm	Over 50's who are Christians. Bible study and friendship.  Contact Barbara Bryam On 0121 681 4248
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Various days	<p><b>Tuesday</b> Line Dancing                      10.00am                      (intermediate) &amp;                      11.30am</p> <p><b>Tuesday</b> Friends in Retirement Sequence                      Dancing                      1.30pm &amp; 3.30pm  <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday</b>                      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 &amp; Crafts  Positive Action 4 Mental Wellbeing  Knit &amp; natter  Ukrainian Family Club</p>
<p>Off the Street Retreat Lily's Tea Parlour Chelmsley Wood Shopping Centre</p>		<p>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 &amp; ask for Martin Trotman or Contact Keely on 07841 924 289 Or <a href="mailto:thewellbeingchoir@outlook.com">thewellbeingchoir@outlook.com</a></p>

<p>Doc Spot Solihull Active operates at North Solihull Sports Centre &amp; Smiths Wood Community Gym</p>	<p>Session times &amp; 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><a href="http://www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>
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<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 4<sup>th</sup> 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 &amp; 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 &amp; various activities, board games, karaoke or bingo.</p> <p>Fish &amp; chip lunch with a hot drink &amp; 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 <a href="http://www://solihullonthemove.co.uk/">www://solihullonthemove.co.uk/</a></p>

<p>Three Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP</p> <p><i>Continued over....</i></p>	<p>Monday 10.30am - 12.30pm</p> <p>1.30pm- 3.00pm</p> <p>Tuesday 6.30pm - 7.30pm</p> <p>7.30pm - 9.45pm</p> <p>Wednesday 1.30pm - 3.30pm</p> <p>1.00pm - 3.00pm</p>	<p>Mental Health Pop In All welcome for a Chat and refreshments.</p> <p>The Listening Project Listen &amp; discuss music</p> <p>Northern Star Ukulele Band. Beginners &amp; 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> <p>Start Art Group</p>
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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.

1<sup>st</sup> 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 &amp; 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 &amp; 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 &amp; Labour Club Clopton Crescent Chelmsley Wood B37 6QU</p>	<p>Thursday 12.00pm - 3.00pm</p>	<p>Singer, bingo &amp; refreshments. Bar is open. Day trips and holidays arranged. Just turn up and pay a small entrance fee.  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>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday of each month 12.00pm – 3.00pm</p>	<p>Entertainment and games for those with memory loss and their carers. Tea, coffee &amp; cakes.  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>3<sup>rd</sup> Monday  of each  month  1.00pm -  2.30pm</p>	<p>Singing sessions  bringing people  affected by dementia &amp;  their carers together in  a friendly and  stimulating activity.  Run by the Alzheimer's  Society.</p> <p>Contact 0121 706 4052  or email  <a href="mailto:birminghamandsolihull@alzheimers.org.uk">birminghamandsolihull@alzheimers.org.uk</a></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 &amp; 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 &amp; 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>2<sup>nd</sup> &amp; 4<sup>th</sup> 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>1<sup>st</sup> 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 <a href="mailto:ellen@meridenadventureplayground.com">ellen@meridenadventure replayground.com</a></p>

<p>Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS</p>	<p>Tuesday 12.00pm - 3.00pm</p>	<p>Lunch club with hot meal run by Age UK Solihull staff &amp; volunteers for the over 65's. Cost £8.50.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities 0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a> before attending.</p>
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<p>Friday Meet Up Windsor Room, Arden Hall, Water Orton Rd, Birmingham B36 9PB</p>	<p>1st &amp; 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 <a href="mailto:grahamwooldridge@yahoo.co.uk">grahamwooldridge@yahoo.co.uk</a></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: <a href="mailto:events@pop-voices.co.uk">events@pop-voices.co.uk</a></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 <a href="mailto:ladiescircle@dorridgemethodists.org.uk">ladiescircle@dorridgemethodists.org.uk</a>
	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of the month 2.00 – 4.00pm	Tea Party. Afternoon tea & a chat. No charge, donations welcome. Contact Joan Pulley 01564 205121
Continued over...	3 <sup>rd</sup> Friday of each month 12.00pm	An optional church service in Room 1 followed by:

	<p>12.30pm</p>	<p>Lunch Club. Join us for a chat &amp; a 2 course meal for a small charge  Contact Shirley Atkinson.</p> <p>Contact office on 07553 742448 or <a href="http://www.dorridgemethodist.org.uk">www.dorridgemethodist.org.uk</a> for more information on any clubs.</p>
<p>Inspire at St Philips  St Philips Church Centre  Dorridge B93 8NY</p>	<p>1<sup>st</sup> &amp; 3<sup>rd</sup> 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 &amp; St James Friendship Group St Philips Church Centre Dorridge B93 8NY</p>	<p>2<sup>nd</sup> Saturday of each month 2.30pm</p>	<p>Social group with afternoon tea. Regular speakers &amp; 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.</p> <p>Developed with the latest research to support older adults regain &amp; maintain their strength, balance &amp; independence.</p> <p>1<sup>st</sup> 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  <a href="mailto:stuartmullard@yahoo.co.uk">stuartmullard@yahoo.co.uk</a></p>
<p>Knit &amp; 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 Thursday 10.00am - 11.00am</p>	<p>Contact Jan Wilson 07808 557 837 or email <a href="mailto:janwilson33@yahoo.co.uk">janwilson33@yahoo.co.uk</a></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 <a href="http://www://solihullontheMOVE.co.uk/">www://solihullontheMOVE.co.uk/</a></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 <a href="mailto:roswithers@googlemail.com">roswithers@googlemail.com</a></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 <a href="mailto:hello@xpress-yourself.co.uk">hello@xpress- yourself.co.uk</a></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 &amp; District Gardening Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2<sup>nd</sup> Thursday of each month 7.30pm  <u>only certain months</u></p>	<p>Email <a href="mailto:bentleyheathhall@gmail.com">bentleyheathhall@gmail.com</a></p>
<p>Solihull RSPB Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> Thursday of each month 7.30pm  <u>Only certain months</u></p>	<p>Contact Sophie 0121 744 4529 or email <a href="mailto:sophie.rspbsolihull@gmail.com">sophie.rspbsolihull@gmail.com</a></p>

<p>The Cottage Garden Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> 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>2<sup>nd</sup> Saturday of each month 2.30pm</p> <p><u>only certain months</u></p>	<p>Contact Bridget 01564 205 363 or email <a href="mailto:wmids@hardy-plant.org.uk">wmids@hardy-plant.org.uk</a></p>
<p>The Café Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> 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 1<sup>st</sup> 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>4<sup>th</sup> Monday of each month 2.00 - 4.00pm</p>	<p>Knitting or tapestry. Wool, needles &amp; patterns supplied for charity knitting or bring your own but no experience needed. Voluntary donation. Chat &amp; coffee.</p> <p>Contact Judy Townsley 01564 774413 or email <a href="mailto:judyandmike@btinternet.com">judyandmike@btinternet.com</a></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 &amp; friendly seated or standing class to improve balance, confidence, mobility, flexibility, strength &amp; independence. 1st class free of charge.</p> <p>Contact Liz Gavin 07962 035 744 or email <a href="mailto:liz.gavin@moveitorloseit.co.uk">liz.gavin@moveitorlose it.co.uk</a></p>

<p>Pickleball Bentley Heath Tennis Courts next to Community Centre Widney Rd Bentley Heath Solihull B93 9BQ</p>	<p>Monday &amp; 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 &amp; 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>2<sup>nd</sup> 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 &amp; Hampton Heath Club</p>	<p>Session times &amp; 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><a href="http://www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>
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<p>Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>Various Days</p>	<p>Several clubs &amp; activities to suit older people including:</p> <p>University of 3<sup>rd</sup> Age Groups Retired Keep Fit Class Circle Dancing Class Dance class for older people - no partner needed.</p> <p>Contact Jackie Tomnie 01676 533 315 or email <a href="mailto:enquiries@balsallcommonvillagehall.org.uk">enquiries@balsallcommonvillagehall.org.uk</a></p> <p>Or see website <a href="http://www.balsallcommonvillagehall.org.uk/">www.balsallcommonvillagehall.org.uk/</a></p>
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<p>Memories Coffee &amp; Chat Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL</p>	<p>1<sup>st</sup> Thursday of each month 11.00am - 12.30pm</p>	<p>For those living with dementia and their carers.</p> <p>Contact Christine Hornsby 07974 140 353 Before attending.</p>
<p>Coffee Morning Eastcote Park Knowle Road Eastcote Solihull B92 0JA</p>	<p>Friday 11.00am - 12.30pm &amp; <b><u>Last</u></b> <b><u>Wednesday</u></b> 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 <a href="mailto:eastcote.enquiries@cinamoncc.com">eastcote.enquiries@cinamoncc.com</a></p>

<p>Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS</p>	<p>Various days &amp; times</p>	<p>Over 65's small group exercises including seated mobility, pilates, yoga, mindfulness &amp; meditation and gentle dance aerobics. Contact Rob 07740 289 350 for more information or email <a href="mailto:admin@triwellness.co.uk">admin@triwellness.co. uk</a></p>
<p>Music &amp; 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. No charge but booking is essential Contact 0121 756 7374 or email <a href="mailto:eastcote.enquiries@cinamoncc.com">eastcote.enquiries@cin amoncc.com</a></p>

<p>Paracise Exercise Club The Red Lion 1672 High Street Knowle Solihull B93 0LY</p> <p>Free parking at rear</p>	<p>Tuesday 12.15pm - 1.00pm</p>	<p>Movement to music. Suitable for everyone. No floorwork. Gentle on joints. Improves posture, balance and mobility.</p> <p>Just turn up or contact Dawn 07532 160 610 for more info. or email <a href="mailto:dawn@risehealthandfitness.co.uk">dawn@risehealthandfitness.co.uk</a></p>
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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](mailto:Emily.Spencer@kpc.org.uk)

Website

[www.kpc.org.uk](http://www.kpc.org.uk)

<p>Age UK Solihull Friendship Lunch Club Red Lion Pub 1672 High Street Knowle B93 0LY</p>	<p>Thursday 12.00pm - 2.30pm</p>	<p>Run by Age UK Solihull staff &amp; volunteers for over 60's. Socialise and enjoy a hot meal. Various activities.</p> <p>Cost £8 (£6 for meal &amp; tea or coffee, £2 for activities).</p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities 0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihul l.org.uk</a> before attending.</p>
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<p>Warm Hub Jubilee Centre (behind Costa) 225 Station Road Balsall Common CV7 7FE</p>	<p>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday of each month <b><u>throughout the winter months.</u></b> 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: <a href="http://www.balsallcommonlions.org">www.balsallcommonlions.org</a></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 &amp; abilities. Led by Amy. Contact <a href="mailto:info@pop-voices.co.uk">info@pop-voices.co.uk</a> 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](mailto:office@rockchoir.com)

[Website:](#)

[www.rockchoir.com](http://www.rockchoir.com)

<p>Memory Café          Birchmere          Mews Care          Home          1270A          Warwick Road          Knowle          B93 9LQ</p>	<p>1<sup>st</sup> Tuesday          of each          month          10.30am -          12.00pm</p>	<p>Meet new people with          complimentary          refreshments &amp;          pastries.          No booking required.          Contact Leanne Simms  <a href="mailto: Birchmeremews.CSM@averyhealthcare.co.uk">Birchmeremews.CSM@averyhealthcare.co.uk</a></p>
<p>Dorridge &amp;          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  <a href="mailto:karen.wilkinson@uniquicare.co.uk">karen.wilkinson@uniquicare.co.uk</a></p>

<p>Welcome Wednesdays Eastcote Park Care Home Knowle Road, Barston, Solihull B92 0JA</p>	<p>1<sup>st</sup> Wednesday of each month 2.00pm - 3.30pm</p>	<p>Hot drinks, cake, activities and wonderful company.</p> <p>Suggested donation to attend - <b>£3</b></p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities on 0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a> 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](mailto:solihull.enquiries@starandgarter.org)  
  
Website:  
[www.starandgar  
ter.org/](http://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 &amp; leisure activities</p>
<p>Shepherdson Court Day Centre 7 Damson Parkway Solihull B91 2PP</p>	<p>Tel: 0121 711 4266 Email: <a href="mailto:daycentremanager@raynerhouse.co.uk">daycentremanager@raynerhouse.co.uk</a> Website: <a href="http://www.raynerhouse.co.uk/">www.raynerhouse.co.uk/</a></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: <a href="mailto:info@willowgrangecarehome.co.uk">info@willowgrangecarehome.co.uk</a></p> <p>Website: <a href="http://www.willowgrangecarehome.co.uk/">www.willowgrangecarehome.co.uk/</a></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: <a href="mailto:enquiries@familycaretrust.co.uk">enquiries@familycaretrust.co.uk</a></p> <p>Website: <a href="http://www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/">www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/</a></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](mailto:tina@rosecottage.care)

Website:  
[www.rosecottage.care/](http://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: <a href="mailto:tlcareshirley@gmail.com">tlcareshirley@gmail.com</a></p>	<p>Expert and compassionate 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>