

AGEING BETTER EVENTS

SUMMER 2018



Bring your community together and help those over 50 to overcome isolation

Date	Time	WHAT'S ON...	Where	Contact
12 June	10:00am to 12:00pm	East Birmingham Pensioners The group meets on the 2 nd Tuesday of each month. A popular and vibrant group which invites new and useful speakers to present and discuss information on topics of interest to its membership.	Ward End Library 554 Washwood Heath Road, Birmingham, B8 2HF	Contact: simpsogs@yahoo.co.uk
12 June	10:00am to 12:00pm	The Cameo Club A group of mainly retired older people who meet on a weekly basis. Keep fit sessions, quizzes and games are regular features as well as a monthly trip further afield. Carers, friends and family are also welcome to attend. There is a weekly contribution of £1.00.	Erdington Six Ways Baptist Church Wood End Road, Erdington, Birmingham, B24 8AD	Contact: 0121 382 3005
12 June	10.30am to 14.30pm	Annie Wood Golden Elders Group For those over 50 mainly from within the Caribbean community to meet up and enjoy games of bingo, dominos as well as coffee, tea and a chat. An exercise session is also available for those who wish to take part.	Newtown Pool & Fitness Centre Newtown Row, Aston, Birmingham, B19 2SW	Contact: 0121 359 1219
12 June	10.30am to 12.30pm	Demcaf A warm and welcoming group who want to support carers and those experiencing dementia. Activities and events on the first Tuesday of each month.	St Georges Church 1 Westbourne Crescent, Edgbaston, Birmingham, B15 3QD	Contact: Ms Eve Kirby 07715 394699 eve.a.kirby@googlemail.com
12 June	11:00am to 13:00pm	Moving On A group of ex-carers who recognise that circumstances can change when loved ones recover, pass on or move into residential accommodation. Moving On welcome everyone to join in with the activities and meet new people and build new friendships.	Birmingham Buddhist Centre 11 Park Road, Moseley, Birmingham, B13 8AB	Contact: Michelle Long 07392 319482 michelle.long@homegroup.or.uk
12 June	11:00am	Rainbow Bridge Drop In Rainbow Bridge has been set up to bridge the gaps between lesbian, gay, bi, trans and heterosexual communities, to enable them to find out more about each other and activities, groups and services which are of interest to them.	Holloway's Café 38 Holloway Circus, Birmingham, B1 1EQ	Contact: rainbowbridgelgbt@yahoo.com
12 June	13:00pm to 15:00pm	Three Estates Disabled & Carers Support Group T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham. Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-	Hawkesley Community Centre 51 Edgewood Road, Birmingham.	Contact: 0121 399 0122



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Date	Time	WHAT'S ON...	Where	Contact
12 June	19:30pm to 21:00pm	<p>Brum Bi Group – Networking Meet Up</p> <p>Brum Bi Group is a safe and friendly social and peer support group for people aged 18+ for anybody who fits under the bisexual umbrella, whether they identify or are questioning their sexuality/romantic life.</p> <p>Brum Bi Group meets once a month on a Tuesday evening from 7.30pm until 9pm, where topics can be discussed events are planned and a general good old chin wag with bisexual pals who can relate. All over a free drink of tea or coffee.</p> <p>At 9pm we head to a local pub in the Birmingham Gay Village for drinks and a social.</p>	<p>Brum Bi Group Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: brumbicoffeegroup@gmail.com</p>
13 June	10:00am to 13:30pm	<p>Sheldon Seniors Connect Club</p> <p>The Sheldon Senior Connect Club provides an opportunity for seniors from the local community to meet in a safe environment and engage in a range of stimulating activities.</p> <p>Socialising, sharing life experiences and skills as well as making new friends and celebrating the diversity of our local community are all important to our wellbeing and as such, promoted within the group.</p>	<p>Sheldon Community Centre Sheldon Heath Road, Birmingham, B26 2RU</p>	<p>Contact: 0121 743 5662</p>
13 June	10:30am to 12:30pm	<p>Barmy Knitters</p> <p>Barmy Knitters are a group of carers who enjoy knitting and chatting whilst enjoying a cup of tea or coffee and a biscuit.</p> <p>Barmy knitters Group helps members to socialise and build friendships as well as learning new skills or making some lovely knitted or crocheted items.</p> <p>Come along and see if you can make a memorable gift for someone close.</p>	<p>Sycamore Court Buxton Road, Erdington, Birmingham, B23</p>	<p>Contact: Sharon Gardiner 07904 467031 shagardiner67@gmail.com</p>
13 June	11:30am to 13:00pm	<p>Tower Hill Partnership Medical Practice Patients Group</p> <p>The patients group at the Tower Hill Partnership have plans to hold fortnightly sessions in the group meeting room.</p> <p>Patients and their carers/family members will be able to socialise over refreshments with games, whiteboard cinema afternoons and a variety of events guided by the needs of the group. Staff from the practice will offer advice including medication reviews and healthy eating sessions and a range of speakers will be invited to offer relevant information. A local choir has agreed to provide entertainment on some dates and we are hoping that this will develop into an enjoyable long term patient led activity with the support of the staff.</p>	<p>Tower Hill Partnership Medical Practice 433 Walsall Road, Perry Barr, Birmingham, B42 1BT</p>	<p>Contact: 0121 411 0487</p>
	13:00pm	<p>DOSTI Group</p> <p>Ladies group meeting every Wednesday</p>	<p>Adderley Childrens Centre</p>	



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Date	Time	WHAT'S ON...	Where	Contact
14 June	19:30pm to 21:00pm	BGLAD Birmingham Gays and Lesbians Against Depression is a friendly support and social group for those suffering from depression or other mental illness; all our members understand depression or other conditions like anxiety, OCD or stress. The group cannot offer counselling or individual support but can guide towards options, and is part of the MIND peer support network of groups across the country. We meet on alternate Thursday evenings (the second and fourth Thursday each month) from 7.30 to 9pm.	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: 0121 301 1284
15 June	Contact for details of times	Happy Film Club & Chat Come and join our friendly film club which meets weekly from May to October. We will be watching a range of Eastern European films over 6 months. Everyone, whatever background is welcome and we will provide drinks and snacks.	Bosnia House 36 Medley Road, Birmingham, B11 2NE	Contact: Kornelija Besara 07956 647426 kornelija_besara@hotmail.com
15 June	Contact for details of times	The Pathfinders Domino & Craft Club This is a friendly group that meets for dominoes and craft making every week from mid December to June 2018! Tasty hot lunch provided too. Everyone is welcome. To book a place please call Jacqui or Arlene on 07817 190703.	Birmingham Community Association Jenkins Street, Birmingham, B10 0PQ	Contact: Jacqui or Arlene 07817 190703
15 June	11:00am to 16:00pm	Positive West Midlands Positive West Midlands is a support group for people living with HIV & our supporters & volunteers. Providing social support and sign-posting to other agencies. Come along, make new friends and share experiences over free tea, coffee and biscuits.	PWM 190 Corporation Street, Birmingham, B4 6QD	Contact: info@positivewestmidlands.co.uk
15 June	11:30am to 14:30pm	Happy Green Hearts Friendship Club We are a healthy living club for over 50s that meet for friendship and a healthy tasty lunch which we cook together using ingredients that are fresh and home grown.	Friends Institute 220 Moseley Road, Highgate, Birmingham, B12 0DG	Contact: Claudia or Sue 07984 595494 holysfavorites@gmail.com
15 June	13:00pm to 15:00pm	Journey Church Asylum Seekers Socials The Journey Church Asylum Seekers Social is a support and social group for LGBT asylum seekers and LGBT friends, to be a community mixing across generations and cultures.	Birmingham LGBT Centre 38-40 Holloway, Birmingham, B1 1EQ	Contact: Phil Hoar 01299 826641 philhoar@btinternet.com
16 June	15:00pm to 18:00pm	Rainbow Spirit The spirit of friendship and support - this is what is shared by Rainbow Spirit. We aim to do this by exploring our sexuality, deriving strength and support from each other in the face of continuing homophobia.	Birmingham LGBT Centre 38-40 Holloway, Birmingham, B1 1EQ	Contact: Jon Homer 07974 477206 jonghomer@hotmail.com
		Illuminate Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some	Birmingham LGBT Centre	



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Date	Time	WHAT'S ON...	Where	Contact
18 June	09:00am to 10:30am	Flowers In The Park We are a womens group that meets weekly for flower arranging and friendship. Everyone welcome, whatever background! We meet at 9.00am every Monday.	Tyseley Community Centre 280 Foremans Road Tyseley Birmingham B11 3BY	Contact: Ellen 0121 777 4022
18 June	11:00am to 13:00pm	Monday Friends A Welcoming group for carers and their loved ones living with dementia. Musical activities including line dancing.	Banners Gate Community Hall 35 Reay Nadin Drive, Sutton Coldfield, B73 6UR	Contact: Mary Evans 0121 353 8485 juduthmaryevans@gmail.com
18 June	11:00am to 16:00pm	Positive West Midlands A support group for people living with HIV and their supporters and volunteers.	PWM, 190 Corporation Street, Birmingham, B4 5QD	Contact: info@positivewestmidlands.co.uk
18 June	11:00am to 13:00pm	Strictly Fun Dancing Fun and gentle chair based dance group for elderly South Asian women – Bollywood, jazz, disco, flamenco.	Sparkbrook Health & Community Centre, Grantham Road, Birmingham	Contact: Mamoona 07583 086987
18 June	13.00pm to 15:00pm	The Over Active Club Community group with older people in mind. Indoor bowls and card games whilst enjoying a hot drink, a snack and conversation.	Falcon Lodge Community Centre, Church Hill Road, Sutton Coldfield, B75 7LB	Contact: 07852 577255
18 June	From 18.30pm	NDQs Grub Club NDQs is a social group for people who identify as LGBT*QIA+ and also Neuro-Diverse (Autism Spectrum, ADHD, Tourette's, other neurological conditions). NDQs stands for Neuro Diverse Queers. We're hosting a Grub Club on the third Monday evening of the month.	Dragon Inn Hurst Street, Birmingham, B5 4TD	Contact: Louie 07518152064 neurodiversequeers@gmail.com
19 June	Contact for details of times	Balsall Heath Cycling Buddies For Over 50s Fun cycling club for over 50s. Short trips to local park and Balsall Heath. Beginners welcome whatever your ability.	Abbasi Centre 17 Clifton Road, Balsall Heath, Birmingham, B12 8SX	Contact: Mr Hasnain Najafi hasnain@najafis.net
19 June	Contact for details of times	Learn Mehndi Art & Coffee Club Learn new arts and crafts skills and make new friends. Come and join a group of mainly Pakistani & Bengali women who are interested in the art of mehndi.	Smart Women Gym, Community & Training Centre 91a Medlicott Road, Sparkhill, Birmingham, B11 1UB	Contact: Rubina Tahreen 0121 772 7533 swctc@hotmail.co.uk



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Date	Time	WHAT'S ON...	Where	Contact
19 June	Contact for details of times	Women's Beautiful Embroidery Group A friendly embroidery and craftwork group. All women are welcome especially older women identifying with the BME community. Learn skills to make traditional Asian craftwork.	Bangladeshi Women's Resource Centre 497 Coventry Road, Birmingham, B10 0JF	Contact: Parsia Bibi 0121 766 7990 parsia.bibi@hotmail.com
19 June	Contact for details of times	Yemeni Creative Workshops Group 2 We are a welcoming group who meet for tea, friendship and creative activities. These will include making baskets, planting herbs, healthy exercise, walks, and day trips. We meet in Balsall Heath and will start from June 2018. Please call for more information.	Yemeni Creative Workshops Group 2 Hertford Street, Birmingham	Contact: Surieya 07508 596057
19 June	10:00am to 12:00pm	The Cameo Club A group of mainly retired older people who meet on a weekly basis. Keep fit sessions, quizzes and games are regular features as well as a monthly trip further afield. Carers, friends and family are also welcome to attend. There is a weekly contribution of £1.00.	Erdington Six Ways Baptist Church Wood End Road, Erdington, Birmingham, B24 8AD	Contact: 0121 382 3005
19 June	10.30am to 14.30pm	Annie Wood Golden Elders Group For those over 50 mainly from within the Caribbean community to meet up and enjoy games of bingo, dominos as well as coffee, tea and a chat. An exercise session is also available for those who wish to take part.	Newtown Pool & Fitness Centre Newtown Row, Aston, Birmingham, B19 2SW	Contact: 0121 359 1219
19 June	10.30am to 12.30pm	Demcaf A warm and welcoming group who want to support carers and those experiencing dementia. Activities and events on the first Tuesday of each month	St Georges Church 1 Westbourne Crescent, Edgbaston, Birmingham, B15 3QD	Contact: Ms Eve Kirby 07715 394699 eve.a.kirby@googlemail.com
19 June	11:00am	Rainbow Bridge Drop In Rainbow Bridge has been set up to bridge the gaps between lesbian, gay, bi, trans and heterosexual communities, to enable them to find out more about each other and activities, groups and services which are of interest to them.	Holloway's Café 38 Holloway Circus, Birmingham, B1 1EQ	Contact: rainbowbridgelgbt@yahoo.com
19 June	13:00pm to 15:00pm	Three Estates Disabled & Carers Support Group T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham. Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-3pm as well as a 'community bingo' club every Thursday evening from 6-9pm	Hawkesley Community Centre 51 Edgewood Road, Birmingham, B38 9RN	Contact: 0121 399 1022



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Date	Time	WHAT'S ON...	Where	Contact
19 June	19:00pm	<p>Journey Film Club: The Man Who Fell To Earth FREE for LGBT + allies of all ages Bringing the Silver Screen to LGBTQ Birmingham and Friends, we show the Classics to New Releases. Journey Film Club aims to show a variety of different types of films to suit all tastes, on first and third Tuesdays of the month. You choose what you want to bring along and share: We hold film meetings every so often to agree a future film schedule, what films we are going to watch and when, and who is going to bring the film.</p>	<p>Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: Journeyfilmclub@Hotmail.co.uk</p>
20 June	10:00am to 13:30pm	<p>Sheldon Seniors Connect Club The Sheldon Senior Connect Club provides an opportunity for seniors from the local community to meet in a safe environment and engage in a range of stimulating activities. Socialising, sharing life experiences and skills as well as making new friends and celebrating the diversity of our local community are all important to our wellbeing and as such, promoted within the group.</p>	<p>Sheldon Community Centre Sheldon Heath Road, Birmingham, B26 2RU</p>	<p>Contact: 0121 743 5662</p>
20 June	10:30am to 12:30pm	<p>Barmy Knitters Barmy Knitters are a group of carers who enjoy knitting and chatting whilst enjoying a cup of tea or coffee and a biscuit. Barmy knitters Group helps members to socialise and build friendships as well as learning new skills or making some lovely knitted or crocheted items. Come along and see if you can make a memorable gift for someone close.</p>	<p>Sycamore Court Buxton Road, Erdington, Birmingham, B23</p>	<p>Contact: Sharon Gardiner 07904 467031 shagardiner67@gmail.com</p>
20 June	13:00am to 15:00pm	<p>DOSTI Group Ladies group meeting every Wednesday afternoon from 1 - 3pm (term time only). A friendly and relaxed group. Participants are encouraged to get involved with a variety of projects or just enjoy a tea or coffee with biscuits</p>	<p>Adderley Childrens Centre St Saviours Road, Birmingham, B8 1HN</p> <p>Address</p>	<p>Contact: 0121 327 2997</p>
21 June	11:00am to 13:00pm	<p>Hamstead Hall Carers Group Hamstead Hall Carers are a group of carers and loved ones with dementia who meet on a weekly basis to share experiences; build friendships to reduce isolation and loneliness, through a range of interesting and stimulating activities in a relaxed atmosphere. Tai Chi Spring Pampering Event Visit to Black Country Museum Activities</p>	<p>Clem Dench Scouting Hut Hamstead Hill Road, Handsworth, Birmingham, B20 1HX</p>	<p>Contact: Mrs Asha Verma 07549 920947 Tirath.kaur@discbirmingham.org</p>



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22 June	Contact for details of times	The Pathfinders Domino & Craft Club This is a friendly group that meets for dominoes and craft making every week from mid December to June 2018! Tasty hot lunch provided too. Everyone is welcome. To book a place please call Jacqui or Arlene on 07817 190703.	Birmingham Community Association Jenkins Street, Birmingham, B10 0PQ	Contact: Jacqui or Arlene 07817 190703
22 June	11:00am to 16:00pm	Positive West Midlands Positive West Midlands is a support group for people living with HIV & our supporters & volunteers. Providing social support and sign-posting to other agencies. Come along, make new friends and share experiences over free tea, coffee and biscuits.	PWM 190 Corporation Street, Birmingham, B4 6QD	Contact: info@positivewestmidlands.co.uk
22 June	11:30am to 14:30pm	Happy Green Hearts Friendship Club We are a healthy living club for over 50s that meet for friendship and a healthy tasty lunch which we cook together using ingredients that are fresh and home grown.	Friends Institute 220 Moseley Road, Highgate, Birmingham, B12 0DG	Contact: Claudia or Sue 07984 595494 holysfavorites@gmail.com
22 June	18:30pm to 21:00pm	Bisexuals & Boardgames FREE for bisexual people + allies Feel free to bring your own games, use our own games supplied or just simply take part and watch. We'll be heading to The Dragon Inn afterwards to continue our gaming fun. See you there!	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: brumbicoffeegroup@gmail.com
24 June	13.30pm to 16:30pm	Brum Bi Coffee For Bi + allies from 18+ Need a bit of a break from mainstream life? Come and have a good chat and a brew at Brum Bi Coffee! Brum Bi Coffee is a non-scene social group for bisexuals, pansexuals or those who are exploring or questioning their sexuality. We are a very easy-going social group where people can be themselves and meet new people. Brum Bi Coffee meets every 4th Sunday of the month, from 1.30 pm till 4.30 pm, at Cafe Soya. Look out for a small purple unicorn named 'Xena' on one of the tables to find us	Café Soya Unit 2 Upper Dean Street, Birmingham, B5 4SG	Contact: brumbicoffeegroup@gmail.com
24 June	17:00pm to 19:00pm	Illuminate FREE for LGBT + allies of all ages Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some silence is observed in a darkened room, a discussion follows led by a group member or an informal chat in the second half. It is a space for reflection and inspiration without a particular religious dimension. You are welcome to just turn up	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: lbradley1990@outlook.com
		Flowers In The Park	Tyseley Community Centre	



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25 June	11:00am to 16:00pm	Positive West Midlands A support group for people living with HIV and their supporters and volunteers.	PWM , 190 Corporation Street, Birmingham, B4 5QD	Contact: info@positivewestmidlands.co.uk
25 June	11:00am to 13:00pm	Strictly Fun Dancing Fun and gentle chair based dance group for elderly South Asian women – Bollywood, jazz, disco, flamenco.	Sparkbrook Health & Community Centre , Grantham Road, Birmingham	Contact: Mamoona 07583 086987
25 June	13.00pm to 15:00pm	The Over Active Club Community group with older people in mind. Indoor bowls and card games whilst enjoying a hot drink, a snack and conversation.	Falcon Lodge Community Centre , Church Hill Road, Sutton Coldfield, B75 7LB	Contact: 07852 577255
25 June	18.00pm to 20:00pm	Married Men's Group A group for men who are attracted to men but who are married to or in a relationship with a woman. Welcome to men of all ages for mutual support.	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: mmgbbham@hotmail.com
26 June	Contact for details of times	Balsall Heath Cycling Buddies For Over 50s Fun cycling club for over 50s. Short trips to local park and Balsall Heath. Beginners welcome whatever your ability.	Abbasi Centre 17 Clifton Road, Balsall Heath, Birmingham, B12 8SX	Contact: Mr Hasnain Najafi hasnain@najafis.net
26 June	Contact for details of times	Learn Mehndi Art & Coffee Club Learn new arts and crafts skills and make new friends. Come and join a group of mainly Pakistani & Bengali women who are interested in the art of mehndi.	Smart Women Gym, Community & Training Centre 91a Medlicott Road, Sparkhill, Birmingham, B11 1UB	Contact: Rubina Tahreen 0121 772 7533 swctc@hotmail.co.uk
26 June	Contact for details of times	Women's Beautiful Embroidery Group A friendly embroidery and craftwork group. All women are welcome especially older women identifying with the BME community. Learn skills to make traditional Asian craftwork.	Bangladeshi Women's Resource Centre 497 Coventry Road, Birmingham, B10 0JF	Contact: Parsia Bibi 0121 766 7990 parsia.bibi@hotmail.com
26 June	Contact for details of times	Yemeni Creative Workshops Group 2 We are a welcoming group who meet for tea, friendship and creative activities. These will include making baskets, planting herbs, healthy exercise, walks, and day trips. We meet in Balsall Heath and will start from June 2018. Please call for more information.	Yemeni Creative Workshops Group 2 Hertford Street, Birmingham	Contact: Surieya 07508 596057
26 June	10:00am	The Cameo Club A group of mainly retired older people who meet on a weekly basis. Keep fit sessions, quizzes and	Erdington Six Ways Baptist Church	



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Date	Time	WHAT'S ON...	Where	Contact
26 June	11:00am	<p>Rainbow Bridge Drop In Rainbow Bridge has been set up to bridge the gaps between lesbian, gay, bi, trans and heterosexual communities, to enable them to find out more about each other and activities, groups and services which are of interest to them.</p>	<p>Holloway's Café 38 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: rainbowbridgelgbt@yahoo.com</p>
26 June	13:00pm to 15:00pm	<p>Three Estates Disabled & Carers Support Group T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham. Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-3pm as well as a 'community bingo' club every Thursday evening from 6-9pm.</p>	<p>Hawkesley Community Centre 51 Edgewood Road, Birmingham, B38 9RN</p>	<p>Contact: 0121 399 1022</p>
26 June	14:00pm to 16:00pm	<p>Oscott Knit Natter & Craft Club Meeting every Tuesday afternoon from 2-4pm, we are a friendly and relaxed group. Participants are encouraged to get involved with a variety of projects, ranging from simple craft items to more complex pieces with materials and patterns provided. We help one another by sharing our skills over coffee and tea and items produced from our stock of materials are sold to buy more supplies, ensuring the group will continue to thrive. All are asked to contribute £2 per week which is used to cover the costs of hiring the space and our hot drinks.</p>	<p>Oscott Community Centre Birdbrook Road, Birmingham, B44 9TY</p>	<p>Contact: 0121 437 0033</p>
27 June	10:00am to 13:30pm	<p>Sheldon Seniors Connect Club The Sheldon Senior Connect Club provides an opportunity for seniors from the local community to meet in a safe environment and engage in a range of stimulating activities. Socialising, sharing life experiences and skills as well as making new friends and celebrating the diversity of our local community are all important to our wellbeing and as such, promoted within the group.</p>	<p>Sheldon Community Centre Sheldon Heath Road, Birmingham, B26 2RU</p>	<p>Contact: 0121 743 5662</p>
27 June	10:30am to 12:30pm	<p>Barmy Knitters Barmy Knitters are a group of carers who enjoy knitting and chatting whilst enjoying a cup of tea or coffee and a biscuit. Barmy knitters Group helps members to socialise and build friendships as well as learning new skills or making some lovely knitted or crocheted items. Come along and see if you can make a memorable gift for someone close.</p>	<p>Sycamore Court Buxton Road, Erdington, Birmingham, B23</p>	<p>Contact: Sharon Gardiner 07904 467031 shagardiner67@gmail.com</p>
		<p>Tower Hill Partnership Medical Practice Patients Group</p>		



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28 June	12:00pm to 14:00pm	Kingstanding Thursday Club Weekly lunch club for the over 50's whose carers are also welcome. Gentle exercises and a mixture of activities are promoted to the group members after lunch is served and a charge of £1.50 is collected to contribute to the costs of the meal.	St Johns Hall 124 Warren Farm Road, Birmingham, B44 0QN	Contact: 0121 386 4345
28 June	19:00pm to 21:00pm	Acting Out Acting Out is an open and diverse theatre and social group, based in Birmingham. We aim to provide the LGBT community and friends with a fun, relevant and interactive theatre experience. The group currently has around 40 full members who take part in all aspects of putting on productions, from writing scripts and directing to technical and performance.	The Wellington Hotel 72 Bristol Street, Birmingham, B5 7AH	Contact: actingoutchair@gmail.com
28 June	19:30pm to 21:00pm	BGLAD Birmingham Gays and Lesbians Against Depression is a friendly support and social group for those suffering from depression or other mental illness; all our members understand depression or other conditions like anxiety, OCD or stress. The group cannot offer counselling or individual support but can guide towards options, and is part of the MIND peer support network of groups across the country. We meet on alternate Thursday evenings (the second and fourth Thursday each month) from 7.30 to 9pm.	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: 0121 301 1284
29 June	Contact for details of times	Happy Film Club & Chat Come and join our friendly film club which meets weekly from May to October. We will be watching a range of Eastern European films over 6 months. Everyone, whatever background is welcome and we will provide drinks and snacks.	Bosnia House 36 Medley Road, Birmingham, B11 2NE	Contact: Kornelija Besara 07956 647426 kornelija_besara@hotmail.com
29 June	11:00am	OUTward Expressions FREE for LGBT + allies of all ages We are a friendly LGBT group of artists, photographers and people who enjoy visit to art galleries. We discuss art and take photos and sketch/ paint at places of mutual interest – a café or pub usually features at our events, so they are social occasions too. It doesn't matter if you are experienced, just starting out or anywhere in between, we are encouraging, helpful and share tips and our experiences – the only thing you need is an interest in the subjects. On Friday 29 th June we will be visiting the RBSA (Royal Birmingham Society of Artists) Friends Exhibition: http://www.rbsa.org.uk/whats-on/exhibitions/friends-exhibition-2018/ RBSA is a gallery showing contemporary work over three floors (there is a lift). It's light and spacious and the standard of work is high. For those who would like refreshments there is a really good cafe nearby which we will visit	RBSA 4 Brook Street, Birmingham, B3 1SA	Contact: Jay 07983 353584 Or email Paddy paddy.broughton@btintern et.com



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29 June	11:00am to 16:00pm	Positive West Midlands Positive West Midlands is a support group for people living with HIV & our supporters & volunteers. Providing social support and sign-posting to other agencies. Come along, make new friends and share experiences over free tea, coffee and biscuits.	PWM 190 Corporation Street, Birmingham, B4 6QD	Contact: info@positivewestmidlands.co.uk
29 June	11:30am to 14:30pm	Happy Green Hearts Friendship Club We are a healthy living club for over 50s that meet for friendship and a healthy tasty lunch which we cook together using ingredients that are fresh and home grown.	Friends Institute 220 Moseley Road, Highgate, Birmingham, B12 0DG	Contact: Claudia or Sue 07984 595494 holysfavorites@gmail.com
30 June	17:00pm to 19:00pm	Hidayah Muslim LGBT+ FREE for LGBT+ Muslims and friends Hidayah is an organisation created to increase the representation, acceptance and equality of LGBT+ Muslims through providing a public face to the community and creating spaces to communicate. Hidayah is a social group which connects with other LGBT Muslim communities, and can signpost to other support agencies.	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: info@HidayahLGBT.co.uk
01 July	17:00pm to 19:00pm	Illuminate FREE for LGBT + allies of all ages Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some silence is observed in a darkened room, a discussion follows led by a group member or an informal chat in the second half. It is a space for reflection and inspiration without a particular religious dimension. You are welcome to just turn up	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: Loz lbradley1990@outlook.com
02 July	09:00am to 10:30am	Flowers In The Park We are a womens group that meets weekly for flower arranging and friendship. Everyone welcome, whatever background! We meet at 9.00am every Monday.	Tyseley Community Centre 280 Foremans Road Tyseley Birmingham B11 3BY	Contact: Ellen 0121 777 4022



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Date	Time	WHAT'S ON...	Where	Contact
02 July	11:00am to 16:00pm	<p>Positive West Midlands Positive West Midlands is a support group for people living with HIV & our supporters & volunteers. Providing social support and sign-posting to other agencies. Come along, make new friends and share experiences over free tea, coffee and biscuits.</p>	<p>PWM 190 Corporation Street, Birmingham, B4 6QD</p>	<p>Contact: info@positivewestmidlands.co.uk</p>
02 July	11:00am	<p>Bards & Books Free for LGBT and allies of all ages. A welcoming and friendly group who read and discuss books.</p>	<p>Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: bardsandbooks@gmail.com</p>
02 July	11:00am to 13:00pm	<p>Strictly Fun Dancing Fun and gentle chair based dance group for elderly South Asian women – Bollywood, jazz, disco, flamenco.</p>	<p>Sparkbrook Health & Community Centre, Grantham Road, Birmingham</p>	<p>Contact: Mamoona 07583 086987</p>
02 July	13.00pm to 15:00pm	<p>The Over Active Club Community group with older people in mind. Indoor bowls and card games whilst enjoying a hot drink, a snack and conversation.</p>	<p>Falcon Lodge Community Centre, Church Hill Road, Sutton Coldfield, B75 7LB</p>	<p>Contact: 07852 577255</p>
02 July	18.30pm to 20:30pm	<p>Trans Central MTF (male to female) transgendered community support group to provide practical help and support.</p>	<p>Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: Bobbi 07908 319439</p>
03 July	Contact for details of times	<p>Balsall Heath Cycling Buddies For Over 50s Fun cycling club for over 50s. Short trips to local park and Balsall Heath. Beginners welcome whatever your ability.</p>	<p>Abbasi Centre 17 Clifton Road, Balsall Heath, Birmingham, B12 8SX</p>	<p>Contact: Mr Hasnain Najafi hasnain@najafis.net</p>



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
03 July	Contact for details of times	Learn Mehndi Art & Coffee Club Learn new arts and crafts skills and make new friends. Come and join a group of mainly Pakistani & Bengali women who are interested in the art of mehndi.	Smart Women Gym, Community & Training Centre 91a Medlicott Road, Sparkhill, Birmingham, B11 1UB	Contact: Rubina Tahreen 0121 772 7533 swctc@hotmail.co.uk
03 July	Contact for details of times	Women's Beautiful Embroidery Group A friendly embroidery and craftwork group. All women are welcome especially older women identifying with the BME community. Learn skills to make traditional Asian craftwork.	Bangladeshi Women's Resource Centre 497 Coventry Road, Birmingham, B10 0JF	Contact: Parsia Bibi 0121 766 7990 parsia.bibi@hotmail.com
03 July	10:00am to 12:00pm	The Cameo Club A group of mainly retired older people who meet on a weekly basis. Keep fit sessions, quizzes and games are regular features as well as a monthly trip further afield. Carers, friends and family are also welcome to attend. There is a weekly contribution of £1.00.	Erdington Six Ways Baptist Church Wood End Road, Erdington, Birmingham, B24 8AD	Contact: 0121 382 3005
03 July	10.30am to 14.30pm	Annie Wood Golden Elders Group For those over 50 mainly from within the Caribbean community to meet up and enjoy games of bingo, dominos as well as coffee, tea and a chat. An exercise session is also available for those who wish to take part.	Newtown Pool & Fitness Centre Newtown Row, Aston, Birmingham, B19 2SW	Contact: 0121 359 1219
03 July	10.30am to 12.30pm	Demcaf A warm and welcoming group who want to support carers and those experiencing dementia. Activities and events on the first Tuesday of each month	St Georges Church 1 Westbourne Crescent, Edgbaston, Birmingham, B15 3QD	Contact: Ms Eve Kirby 07715 394699 eve.a.kirby@googlemail.com



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
03 July	13:00pm to 15:00pm	<p>Three Estates Disabled & Carers Support Group T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham. Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-3pm as well as a 'community bingo' club every Thursday evening from 6-9pm.</p>	<p>Hawkesley Community Centre 51 Edgewood Road, Birmingham, B38 9RN</p>	<p>Contact: 0121 399 1022</p>
03 July	14:00pm to 16:00pm	<p>Oscott Knit Natter & Craft Club Meeting every Tuesday afternoon from 2-4pm, we are a friendly and relaxed group. Participants are encouraged to get involved with a variety of projects, ranging from simple craft items to more complex pieces with materials and patterns provided. We help one another by sharing our skills over coffee and tea and items produced from our stock of materials are sold to buy more supplies, ensuring the group will continue to thrive. All are asked to contribute £2 per week which is used to cover the costs of hiring the space and our hot drinks.</p>	<p>Oscott Community Centre Birdbrook Road, Birmingham, B44 9TY</p>	<p>Contact: 0121 437 0033</p>
03 July	11:00am	<p>Rainbow Bridge Drop In Free for LGBT and allies of all ages a weekly networking coffee morning</p>	<p>Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: rainbowbridgelgbt@yahoo.com</p>
03 July	19:00pm	<p>Journey Film Club FREE for LGBT + allies of all ages Bringing the Silver Screen to LGBTQ Birmingham and Friends, we show the Classics to New Releases. Journey Film Club aims to show a variety of different types of films to suit all tastes, on first and third Tuesdays of the month.</p>	<p>Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: Journeyfilmclub@hotmail.co.uk</p>
04 July	10:00am to 13:30pm	<p>Sheldon Seniors Connect Club The Sheldon Senior Connect Club provides an opportunity for seniors from the local community to meet in a safe environment and engage in a range of stimulating activities. Socialising, sharing life experiences and skills as well as making new friends and celebrating the diversity of our local community are all important to our wellbeing and as such, promoted within the group.</p>	<p>Sheldon Community Centre Sheldon Heath Road, Birmingham, B26 2RU</p>	<p>Contact: 0121 743 5662</p>



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
04 July	13:00am to 15:00pm	DOSTI Group Ladies group meeting every Wednesday afternoon from 1 - 3pm (term time only). A friendly and relaxed group. Participants are encouraged to get involved with a variety of projects or just enjoy a tea or coffee with biscuits	Adderley Childrens Centre St Saviours Road, Birmingham, B8 1HN Address	Contact: 0121 327 2997
05 July	12:00pm to 14:00pm	Kingstanding Thursday Club Weekly lunch club for the over 50's whose carers are also welcome. Gentle exercises and a mixture of activities are promoted to the group members after lunch is served and a charge of £1.50 is collected to contribute to the costs of the meal.	St Johns Hall 124 Warren Farm Road, Birmingham, B44 0QN	Contact: 0121 386 4345
05 July	19:00pm to 21:00pm	Acting Out Acting Out is an open and diverse theatre and social group, based in Birmingham. We aim to provide the LGBT community and friends with a fun, relevant and interactive theatre experience. The group currently has around 40 full members who take part in all aspects of putting on productions, from writing scripts and directing to technical and performance.	The Wellington Hotel 72 Bristol Street, Birmingham, B5 7AH	Contact: actingoutchair@gmail.com
06 July	Contact for details of times	Happy Film Club & Chat Come and join our friendly film club which meets weekly from May to October. We will be watching a range of Eastern European films over 6 months. Everyone, whatever background is welcome and we will provide drinks and snacks.	Bosnia House 36 Medley Road, Birmingham, B11 2NE	Contact: Kornelija Besara 07956 647426 kornelija_besara@hotmail.com



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
06 July	11:00am to 16:00pm	Positive West Midlands A support group for people living with HIV and their supporters and volunteers.	PWM , 190 Corporation Street, Birmingham, B4 5QD	Contact: info@positivewestmidlands.co.uk
06 July	11:30am to 14:30pm	Happy Green Hearts Friendship Club We are a healthy living club for over 50s that meet for friendship and a healthy tasty lunch which we cook together using ingredients that are fresh and home grown.	Friends Institute 220 Moseley Road, Highgate, Birmingham, B12 0DG	Contact: Claudia or Sue 07984 595494 holysfavorites@gmail.com
08 July	17:00pm to 19:00pm	Illuminate FREE for LGBT + allies of all ages Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some silence is observed in a darkened room, a discussion follows led by a group member or an informal chat in the second half. It is a space for reflection and inspiration without a particular religious dimension. You are welcome to just turn up	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: Loz lbradley1990@outlook.com
09 July	09:00am to 10:30am	Flowers In The Park We are a womens group that meets weekly for flower arranging and friendship. Everyone welcome, whatever background! We meet at 9.00am every Monday.	Tyseley Community Centre 280 Foremans Road Tyseley Birmingham B11 3BY	Contact: Ellen 0121 777 4022



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
09 July	11:00am to 16:00pm	Positive West Midlands A support group for people living with HIV and their supporters and volunteers.	PWM , 190 Corporation Street, Birmingham, B4 5QD	Contact: info@positivewestmidlands.co.uk
09 July	11:00am to 13:00pm	Strictly Fun Dancing Fun and gentle chair based dance group for elderly South Asian women – Bollywood, jazz, disco, flamenco.	Sparkbrook Health & Community Centre , Grantham Road, Birmingham	Contact: Mamoona 07583 086987
09 July	13.00pm to 15:00pm	The Over Active Club Community group with older people in mind. Indoor bowls and card games whilst enjoying a hot drink, a snack and conversation.	Falcon Lodge Community Centre , Church Hill Road, Sutton Coldfield, B75 7LB	Contact: 07852 577255
09 July	18.00pm to 20:00pm	Married Men's Group A group for men who are attracted to men but who are married to or in a relationship with a woman. Welcome to men of all ages for mutual support.	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: mmgbham@hotmail.com
10 July	Contact for details of times	Balsall Heath Cycling Buddies For Over 50s Fun cycling club for over 50s. Short trips to local park and Balsall Heath. Beginners welcome whatever your ability.	Abbasi Centre 17 Clifton Road, Balsall Heath, Birmingham, B12 8SX	Contact: Mr Hasnain Najafi hasnain@najafis.net
10 July	Contact for details of times	Learn Mehndi Art & Coffee Club Learn new arts and crafts skills and make new friends. Come and join a group of mainly Pakistani & Bengali women who are interested in the art of mehndi.	Smart Women Gym, Community & Training Centre 91a Medlicott Road, Sparkhill, Birmingham, B11 1UB	Contact: Rubina Tahreen 0121 772 7533 swctc@hotmail.co.uk
10 July	Contact for details of times	Women's Beautiful Embroidery Group A friendly embroidery and craftwork group. All women are welcome especially older women identifying with the BME community. Learn skills to make traditional Asian craftwork.	Bangladeshi Women's Resource Centre 497 Coventry Road, Birmingham, B10 0JF	Contact: Parsia Bibi 0121 766 7990 parsia.bibi@hotmail.com



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
10 July	Contact for details of times	Yemeni Creative Workshops Group 2 We are a welcoming group who meet for tea, friendship and creative activities. These will include making baskets, planting herbs, healthy exercise, walks, and day trips. We meet in Balsall Heath and will start from June 2018. Please call for more information.	Yemeni Creative Workshops Group 2 Hertford Street, Birmingham	Contact: Surieya 07508 596057
10 July	10:00am to 12:00pm	East Birmingham Pensioners The group meets on the 2 nd Tuesday of each month. A popular and vibrant group which invites new and useful speakers to present and discuss information on topics of interest to its membership.	Ward End Library 554 Washwood Heath Road, Birmingham, B8 2HF	Contact: simpsogs@yahoo.co.uk
10 July	10:00am to 12:00pm	The Cameo Club A group of mainly retired older people who meet on a weekly basis. Keep fit sessions, quizzes and games are regular features as well as a monthly trip further afield. Carers, friends and family are also welcome to attend. There is a weekly contribution of £1.00.	Erdington Six Ways Baptist Church Wood End Road, Erdington, Birmingham, B24 8AD	Contact: 0121 382 3005
10 July	10.30am to 14.30pm	Annie Wood Golden Elders Group For those over 50 mainly from within the Caribbean community to meet up and enjoy games of bingo, dominos as well as coffee, tea and a chat. An exercise session is also available for those who wish to take part.	Newtown Pool & Fitness Centre Newtown Row, Aston, Birmingham, B19 2SW	Contact: 0121 359 1219
10 July	10.30am to 12.30pm	Demcaf A warm and welcoming group who want to support carers and those experiencing dementia. Activities and events on the first Tuesday of each month.	St Georges Church 1 Westbourne Crescent, Edgbaston, Birmingham, B15 3QD	Contact: Ms Eve Kirby 07715 394699 eve.a.kirby@googlemail.com
10 July	11:00am	Rainbow Bridge Drop In Free for LGBT and allies of all ages a weekly networking coffee morning	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: rainbowbridgelgbt@yahoo.com
10 July	13:00pm to 15:00pm	Three Estates Disabled & Carers Support Group T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham. Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-3pm as well as a 'community bingo' club every Thursday evening from 6-9pm.	Hawkesley Community Centre 51 Edgewood Road, Birmingham, B38 9RN	Contact: 0121 399 1022



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
10 July	14:00pm to 16:00pm	<p>Oscott Knit Natter & Craft Club Meeting every Tuesday afternoon from 2-4pm, we are a friendly and relaxed group. Participants are encouraged to get involved with a variety of projects, ranging from simple craft items to more complex pieces with materials and patterns provided. We help one another by sharing our skills over coffee and tea and items produced from our stock of materials are sold to buy more supplies, ensuring the group will continue to thrive. All are asked to contribute £2 per week which is used to cover the costs of hiring the space and our hot drinks.</p>	<p>Oscott Community Centre Birdbrook Road, Birmingham, B44 9TY</p>	<p>Contact: 0121 437 0033</p>
11 July	10:00am to 13:30pm	<p>Sheldon Seniors Connect Club The Sheldon Senior Connect Club provides an opportunity for seniors from the local community to meet in a safe environment and engage in a range of stimulating activities. Socialising, sharing life experiences and skills as well as making new friends and celebrating the diversity of our local community are all important to our wellbeing and as such, promoted within the group.</p>	<p>Sheldon Community Centre Sheldon Heath Road, Birmingham, B26 2RU</p>	<p>Contact: 0121 743 5662</p>
11 July	11:30am to 13:00pm	<p>Tower Hill Partnership Medical Practice Patients Group The patients group at the Tower Hill Partnership have plans to hold fortnightly sessions in the group meeting room. Patients and their carers/family members will be able to socialise over refreshments with games, whiteboard cinema afternoons and a variety of events guided by the needs of the group. Staff from the practice will offer advice including medication reviews and healthy eating sessions and a range of speakers will be invited to offer relevant information. A local choir has agreed to provide entertainment on some dates and we are hoping that this will develop into an enjoyable long term patient led activity with the support of the staff.</p>	<p>Tower Hill Partnership Medical Practice 433 Walsall Road, Perry Barr, Birmingham, B42 1BT</p>	<p>Contact: 0121 411 0487</p>
11 July	13:00am to 15:00pm	<p>DOSTI Group Ladies group meeting every Wednesday afternoon from 1 - 3pm (term time only). A friendly and relaxed group. Participants are encouraged to get involved with a variety of projects or just enjoy a tea or coffee with biscuits</p>	<p>VenueAdderley Childrens Centre St Saviours Road, Birmingham, B8 1HN Address</p>	<p>Contact: 0121 327 2997</p>



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Date	Time	WHAT'S ON...	Where	Contact
12 July	12:00pm to 14:00pm	Kingstanding Thursday Club Weekly lunch club for the over 50's whose carers are also welcome. Gentle exercises and a mixture of activities are promoted to the group members after lunch is served and a charge of £1.50 is collected to contribute to the costs of the meal.	St Johns Hall 124 Warren Farm Road, Birmingham, B44 0QN	Contact: 0121 386 4345
12 July	19:00pm to 21:00pm	Acting Out Acting Out is an open and diverse theatre and social group, based in Birmingham. We aim to provide the LGBT community and friends with a fun, relevant and interactive theatre experience. The group currently has around 40 full members who take part in all aspects of putting on productions, from writing scripts and directing to technical and performance.	The Wellington Hotel 72 Bristol Street, Birmingham, B5 7AH	Contact: actingoutchair@gmail.com
12 July	19:30pm to 21:00pm	BGLAD Birmingham Gays and Lesbians Against Depression is a friendly support and social group for those suffering from depression or other mental illness; all our members understand depression or other conditions like anxiety, OCD or stress. The group cannot offer counselling or individual support but can guide towards options, and is part of the MIND peer support network of groups across the country. We meet on alternate Thursday evenings (the second and fourth Thursday each month) from 7.30 to 9pm.	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: 0121 301 1284
13 July	Contact for details of times	Happy Film Club & Chat Come and join our friendly film club which meets weekly from May to October. We will be watching a range of Eastern European films over 6 months. Everyone, whatever background is welcome and we will provide drinks and snacks.	Bosnia House 36 Medley Road, Birmingham, B11 2NE	Contact: Kornelija Besara 07956 647426 kornelija_besara@hotmail.com



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
13 July	11:00am to 16:00pm	Positive West Midlands A support group for people living with HIV and their supporters and volunteers.	PWM , 190 Corporation Street, Birmingham, B4 5QD	Contact: info@positivewestmidlands.co.uk
13 July	11:30am to 14:30pm	Happy Green Hearts Friendship Club We are a healthy living club for over 50s that meet for friendship and a healthy tasty lunch which we cook together using ingredients that are fresh and home grown.	Friends Institute 220 Moseley Road, Highgate, Birmingham, B12 0DG	Contact: Claudia or Sue 07984 595494 holysfavorites@gmail.com
15 July	17:00pm to 19:00pm	Illuminate FREE for LGBT + allies of all ages Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some silence is observed in a darkened room, a discussion follows led by a group member or an informal chat in the second half. It is a space for reflection and inspiration without a particular religious dimension. You are welcome to just turn up	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: Loz lbradley1990@outlook.com
16 July	09:00am to 10:30am	Flowers In The Park We are a womens group that meets weekly for flower arranging and friendship. Everyone welcome, whatever background! We meet at 9.00am every Monday.	Tyseley Community Centre 280 Foremans Road Tyseley Birmingham B11 3BY	Contact: Ellen 0121 777 4022



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
16 July	11:00am to 16:00pm	Positive West Midlands A support group for people living with HIV and their supporters and volunteers.	PWM , 190 Corporation Street, Birmingham, B4 5QD	Contact: info@positivewestmidlands.co.uk
16 July	11:00am to 13:00pm	Strictly Fun Dancing Fun and gentle chair based dance group for elderly South Asian women – Bollywood, jazz, disco, flamenco.	Sparkbrook Health & Community Centre , Grantham Road, Birmingham	Contact: Mamoona 07583 086987
16 July	13.00pm to 15:00pm	The Over Active Club Community group with older people in mind. Indoor bowls and card games whilst enjoying a hot drink, a snack and conversation.	Falcon Lodge Community Centre , Church Hill Road, Sutton Coldfield, B75 7LB	Contact: 07852 577255
17 July	Contact for details of times	Balsall Heath Cycling Buddies For Over 50s Fun cycling club for over 50s. Short trips to local park and Balsall Heath. Beginners welcome whatever your ability.	Abbasi Centre 17 Clifton Road, Balsall Heath, Birmingham, B12 8SX	Contact: Mr Hasnain Najafi hasnain@najafis.net
17 July	Contact for details of times	Learn Mehndi Art & Coffee Club Learn new arts and crafts skills and make new friends. Come and join a group of mainly Pakistani & Bengali women who are interested in the art of mehndi.	Smart Women Gym, Community & Training Centre 91a Medlicott Road, Sparkhill, Birmingham, B11 1UB	Contact: Rubina Tahreen 0121 772 7533 swctc@hotmail.co.uk
17 July	Contact for details of times	Women's Beautiful Embroidery Group A friendly embroidery and craftwork group. All women are welcome especially older women identifying with the BME community. Learn skills to make traditional Asian craftwork.	Bangladeshi Women's Resource Centre 497 Coventry Road, Birmingham, B10 0JF	Contact: Parsia Bibi 0121 766 7990 parsia.bibi@hotmail.com



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
17 July	Contact for details of times	<p>Yemeni Creative Workshops Group 2</p> <p>We are a welcoming group who meet for tea, friendship and creative activities. These will include making baskets, planting herbs, healthy exercise, walks, and day trips. We meet in Balsall Heath and will start from June 2018. Please call for more information.</p>	<p>Yemeni Creative Workshops Group 2</p> <p>Hertford Street, Birmingham</p>	<p>Contact:</p> <p>Surieya 07508 596057</p>
17 July	10:00am to 12:00pm	<p>The Cameo Club</p> <p>A group of mainly retired older people who meet on a weekly basis. Keep fit sessions, quizzes and games are regular features as well as a monthly trip further afield. Carers, friends and family are also welcome to attend. There is a weekly contribution of £1.00.</p>	<p>Erdington Six Ways Baptist Church</p> <p>Wood End Road, Erdington, Birmingham, B24 8AD</p>	<p>Contact:</p> <p>0121 382 3005</p>
17 July	10.30am to 14.30pm	<p>Annie Wood Golden Elders Group</p> <p>For those over 50 mainly from within the Caribbean community to meet up and enjoy games of bingo, dominos as well as coffee, tea and a chat. An exercise session is also available for those who wish to take part.</p>	<p>Newtown Pool & Fitness Centre</p> <p>Newtown Row, Aston, Birmingham, B19 2SW</p>	<p>Contact:</p> <p>0121 359 1219</p>
17 July	11:00am	<p>Rainbow Bridge Drop In</p> <p>Free for LGBT and allies of all ages a weekly networking coffee morning</p>	<p>Birmingham LGBT Centre</p> <p>38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact:</p> <p>rainbowbridgelgbt@yahoo.com</p>
17 July	13:00pm to 15:00pm	<p>Three Estates Disabled & Carers Support Group</p> <p>T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham.</p> <p>Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-3pm as well as a 'community bingo' club every Thursday evening from 6-9pm.</p>	<p>Hawkesley Community Centre</p> <p>51 Edgewood Road, Birmingham, B38 9RN</p>	<p>Contact:</p> <p>0121 399 1022</p>



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
20 July	11:00am to 16:00pm	<p>Positive West Midlands A support group for people living with HIV and their supporters and volunteers.</p>	<p>PWM, 190 Corporation Street, Birmingham, B4 5QD</p>	<p>Contact: info@positivewestmidlands.co.uk</p>
20 July	11:30am to 14:30pm	<p>Happy Green Hearts Friendship Club We are a healthy living club for over 50s that meet for friendship and a healthy tasty lunch which we cook together using ingredients that are fresh and home grown.</p>	<p>Friends Institute 220 Moseley Road, Highgate, Birmingham, B12 0DG</p>	<p>Contact: Claudia or Sue 07984 595494 holysfavorites@gmail.com</p>
20 July	13:00pm to 15:00pm	<p>Journey Church Asylum Seekers Socials FREE for LGBT + allies of all ages, including asylum seekers The Journey Church Asylum Seekers Social is a support and social group for LGBT asylum seekers and LGBT friends, to be a community mixing across generations and cultures.</p>	<p>Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: Phil Hoar 01299 826641 philhoar@btinternet.com</p>
21 July	13:00pm to 15:00pm	<p>Rainbow Spirit .FREE for gay and bi men of all ages The spirit of friendship and support - this is what is shared by Rainbow Spirit. We aim to do this by exploring our sexuality, deriving strength and support from each other in the face of continuing homophobia. The group meets monthly, and offers a variety of activities based broadly on creativity, self-empowerment and mutual support. Our aim is to be inclusive of all ages and ethnic backgrounds, and each meeting offers time to socialise, welcome new members and enable friendships to develop. We are part of the Edward Carpenter Community, a national organisation which promotes the same aims.</p>	<p>Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: Jon 07974 477206 jonghomer@Hotmail.com</p>
22 July	17:00pm to 19:00pm	<p>Illuminate FREE for LGBT + allies of all ages Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some silence is observed in a darkened room, a discussion follows led by a group member or an informal chat in the second half. It is a space for reflection and inspiration without a particular religious dimension. You are welcome to just turn up</p>	<p>Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ</p>	<p>Contact: Loz lbradley1990@outlook.com</p>
23 July	09:00am to 10:30am	<p>Flowers In The Park We are a womens group that meets weekly for flower arranging and friendship. Everyone welcome, whatever background! We meet at 9.00am every Monday.</p>	<p>Tyseley Community Centre 280 Foremans Road Tyseley Birmingham B11 3BY</p>	<p>Contact: Ellen 0121 777 4022</p>



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
23 July	11:00am to 16:00pm	Positive West Midlands A support group for people living with HIV and their supporters and volunteers.	PWM , 190 Corporation Street, Birmingham, B4 5QD	Contact: info@positivewestmidlands.co.uk
23 July	11:00am to 13:00pm	Strictly Fun Dancing Fun and gentle chair based dance group for elderly South Asian women – Bollywood, jazz, disco, flamenco.	Sparkbrook Health & Community Centre , Grantham Road, Birmingham	Contact: Mamoona 07583 086987
23 July	13.00pm to 15:00pm	The Over Active Club Community group with older people in mind. Indoor bowls and card games whilst enjoying a hot drink, a snack and conversation.	Falcon Lodge Community Centre , Church Hill Road, Sutton Coldfield, B75 7LB	Contact: 07852 577255
23 July	18.00pm to 20:00pm	Married Men's Group A group for men who are attracted to men but who are married to or in a relationship with a woman. Welcome to men of all ages for mutual support.	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: mmgbham@hotmail.com
24 July	Contact for details of times	Balsall Heath Cycling Buddies For Over 50s Fun cycling club for over 50s. Short trips to local park and Balsall Heath. Beginners welcome whatever your ability.	Abbasi Centre 17 Clifton Road, Balsall Heath, Birmingham, B12 8SX	Contact: Mr Hasnain Najafi hasnain@najafis.net
24 July	Contact for details of times	Learn Mehndi Art & Coffee Club Learn new arts and crafts skills and make new friends. Come and join a group of mainly Pakistani & Bengali women who are interested in the art of mehndi.	Smart Women Gym, Community & Training Centre 91a Medlicott Road, Sparkhill, Birmingham, B11 1UB	Contact: Rubina Tahreen 0121 772 7533 swctc@hotmail.co.uk



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SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
24 July	Contact for details of times	Women's Beautiful Embroidery Group A friendly embroidery and craftwork group. All women are welcome especially older women identifying with the BME community. Learn skills to make traditional Asian craftwork.	Bangladeshi Women's Resource Centre 497 Coventry Road, Birmingham, B10 0JF	Contact: Parsia Bibi 0121 766 7990 parsia.bibi@hotmail.com
24 July	Contact for details of times	Yemini Creative Workshops Group 2 We are a welcoming group who meet for tea, friendship and creative activities. These will include making baskets, planting herbs, healthy exercise, walks, and day trips. We meet in Balsall Heath and will start from June 2018. Please call for more information.	Yemini Creative Workshops Group 2 Hertford Street, Birmingham	Contact: Surieya 07508 596057
24 July	10:00am to 12:00pm	The Cameo Club A group of mainly retired older people who meet on a weekly basis. Keep fit sessions, quizzes and games are regular features as well as a monthly trip further afield. Carers, friends and family are also welcome to attend. There is a weekly contribution of £1.00.	Erdington Six Ways Baptist Church Wood End Road, Erdington, Birmingham, B24 8AD	Contact: 0121 382 3005
24 July	10.30am to 14.30pm	Annie Wood Golden Elders Group For those over 50 mainly from within the Caribbean community to meet up and enjoy games of bingo, dominos as well as coffee, tea and a chat. An exercise session is also available for those who wish to take part.	Newtown Pool & Fitness Centre Newtown Row, Aston, Birmingham, B19 2SW	Contact: 0121 359 1219
24 July	11:00am	Rainbow Bridge Drop In Free for LGBT and allies of all ages a weekly networking coffee morning	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: rainbowbridgelgbt@yahoo.com
24 July	13:00pm to 15:00pm	Three Estates Disabled & Carers Support Group T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham. Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-3pm as well as a 'community bingo' club every Thursday evening from 6-9pm.	Hawkesley Community Centre 51 Edgewood Road, Birmingham, B38 9RN	Contact: 0121 399 1022



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
24 July	14:00pm to 16:00pm	<p>Oscott Knit Natter & Craft Club Meeting every Tuesday afternoon from 2-4pm, we are a friendly and relaxed group. Participants are encouraged to get involved with a variety of projects, ranging from simple craft items to more complex pieces with materials and patterns provided. We help one another by sharing our skills over coffee and tea and items produced from our stock of materials are sold to buy more supplies, ensuring the group will continue to thrive. All are asked to contribute £2 per week which is used to cover the costs of hiring the space and our hot drinks.</p>	<p>Oscott Community Centre Birdbrook Road, Birmingham, B44 9TY</p>	<p>Contact: 0121 437 0033</p>
25 July	10:00am to 13:30pm	<p>Sheldon Seniors Connect Club The Sheldon Senior Connect Club provides an opportunity for seniors from the local community to meet in a safe environment and engage in a range of stimulating activities. Socialising, sharing life experiences and skills as well as making new friends and celebrating the diversity of our local community are all important to our wellbeing and as such, promoted within the group.</p>	<p>Sheldon Community Centre Sheldon Heath Road, Birmingham, B26 2RU</p>	<p>Contact: 0121 743 5662</p>
25 July	11:30am to 13:00pm	<p>Tower Hill Partnership Medical Practice Patients Group The patients group at the Tower Hill Partnership have plans to hold fortnightly sessions in the group meeting room. Patients and their carers/family members will be able to socialise over refreshments with games, whiteboard cinema afternoons and a variety of events guided by the needs of the group. Staff from the practice will offer advice including medication reviews and healthy eating sessions and a range of speakers will be invited to offer relevant information. A local choir has agreed to provide entertainment on some dates and we are hoping that this will develop into an enjoyable long term patient led activity with the support of the staff.</p>	<p>Tower Hill Partnership Medical Practice 433 Walsall Road, Perry Barr, Birmingham, B42 1BT</p>	<p>Contact: 0121 411 0487</p>
25 July	13:00am to 15:00pm	<p>DOSTI Group Ladies group meeting every Wednesday afternoon from 1 - 3pm (term time only). A friendly and relaxed group. Participants are encouraged to get involved with a variety of projects or just enjoy a tea or coffee with biscuits</p>	<p>Adderley Childrens Centre St Saviours Road, Birmingham, B8 1HN Address</p>	<p>Contact: 0121 327 2997</p>



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
26 July	12:00pm to 14:00pm	Kingstanding Thursday Club Weekly lunch club for the over 50's whose carers are also welcome. Gentle exercises and a mixture of activities are promoted to the group members after lunch is served and a charge of £1.50 is collected to contribute to the costs of the meal.	St Johns Hall 124 Warren Farm Road, Birmingham, B44 0QN	Contact: 0121 386 4345
26 July	19:00pm to 21:00pm	Acting Out Acting Out is an open and diverse theatre and social group, based in Birmingham. We aim to provide the LGBT community and friends with a fun, relevant and interactive theatre experience. The group currently has around 40 full members who take part in all aspects of putting on productions, from writing scripts and directing to technical and performance.	The Wellington Hotel 72 Bristol Street, Birmingham, B5 7AH	Contact: actingoutchair@gmail.com
26 July	19:30pm to 21:00pm	BGLAD Birmingham Gays and Lesbians Against Depression is a friendly support and social group for those suffering from depression or other mental illness; all our members understand depression or other conditions like anxiety, OCD or stress. The group cannot offer counselling or individual support but can guide towards options, and is part of the MIND peer support network of groups across the country. We meet on alternate Thursday evenings (the second and fourth Thursday each month) from 7.30 to 9pm.	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: 0121 301 1284
27 July	Contact for details of times	Happy Film Club & Chat Come and join our friendly film club which meets weekly from May to October. We will be watching a range of Eastern European films over 6 months. Everyone, whatever background is welcome and we will provide drinks and snacks.	Bosnia House 36 Medley Road, Birmingham, B11 2NE	Contact: Kornelija Besara 07956 647426 kornelija_besara@hotmail.com



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
27 July	11:00am to 16:00pm	Positive West Midlands A support group for people living with HIV and their supporters and volunteers.	PWM , 190 Corporation Street, Birmingham, B4 5QD	Contact: info@positivewestmidlands.co.uk
27 July	11:30am to 14:30pm	Happy Green Hearts Friendship Club We are a healthy living club for over 50s that meet for friendship and a healthy tasty lunch which we cook together using ingredients that are fresh and home grown.	Friends Institute 220 Moseley Road, Highgate, Birmingham, B12 0DG	Contact: Claudia or Sue 07984 595494 holysfavorites@gmail.com
29 July	17:00pm to 19:00pm	Illuminate FREE for LGBT + allies of all ages Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some silence is observed in a darkened room, a discussion follows led by a group member or an informal chat in the second half. It is a space for reflection and inspiration without a particular religious dimension. You are welcome to just turn up	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: Loz lbradley1990@outlook.com
30 July	09:00am to 10:30am	Flowers In The Park We are a womens group that meets weekly for flower arranging and friendship. Everyone welcome, whatever background! We meet at 9.00am every Monday.	Tyseley Community Centre 280 Foremans Road Tyseley Birmingham B11 3BY	Contact: Ellen 0121 777 4022



AGEING BETTER EVENTS

SUMMER 2018



Date	Time	WHAT'S ON...	Where	Contact
31 July	Contact for details of times	Yemeni Creative Workshops Group 2 We are a welcoming group who meet for tea, friendship and creative activities. These will include making baskets, planting herbs, healthy exercise, walks, and day trips. We meet in Balsall Heath and will start from June 2018. Please call for more information.	Yemeni Creative Workshops Group 2 Hertford Street, Birmingham	Contact: Surieya 07508 596057
31 July	10:00am to 12:00pm	The Cameo Club A group of mainly retired older people who meet on a weekly basis. Keep fit sessions, quizzes and games are regular features as well as a monthly trip further afield. Carers, friends and family are also welcome to attend. There is a weekly contribution of £1.00.	Erdington Six Ways Baptist Church Wood End Road, Erdington, Birmingham, B24 8AD	Contact: 0121 382 3005
31 July	10.30am to 14.30pm	Annie Wood Golden Elders Group For those over 50 mainly from within the Caribbean community to meet up and enjoy games of bingo, dominos as well as coffee, tea and a chat. An exercise session is also available for those who wish to take part.	Newtown Pool & Fitness Centre Newtown Row, Aston, Birmingham, B19 2SW	Contact: 0121 359 1219
31 July	11:00am	Rainbow Bridge Drop In Free for LGBT and allies of all ages a weekly networking coffee morning	Birmingham LGBT Centre 38-40 Holloway Circus, Birmingham, B1 1EQ	Contact: rainbowbridgelgbt@yahoo.com
31 July	13:00pm to 15:00pm	Three Estates Disabled & Carers Support Group T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham. Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-3pm as well as a 'community bingo' club every Thursday evening from 6-9pm.	Hawkesley Community Centre 51 Edgewood Road, Birmingham, B38 9RN	Contact: 0121 399 1022
31 July	14:00pm to 16:00pm	Oscott Knit Natter & Craft Club Meeting every Tuesday afternoon from 2-4pm, we are a friendly and relaxed group. Participants are encouraged to get involved with a variety of projects, ranging from simple craft items to more complex pieces with materials and patterns provided. We help one another by sharing our skills over coffee and tea and items produced from our stock of materials are sold to buy more supplies, ensuring the group will continue to thrive. All are asked to contribute £2 per week which is used to cover the costs of hiring the space and our hot drinks.	Oscott Community Centre Birdbrook Road, Birmingham, B44 9TY	Contact: 0121 437 0033