

# Age UK Solihull Social Clubs



Age UK Solihull has four regular **social clubs**, and we are delighted that they are reopening after a long break during the coronavirus pandemic. The clubs provide a chance to **meet a new group of local people** and get to know our **friendly and supportive volunteers**. See below for details of each club.

## **Taverners' Lunch Club**

**Every Monday** 12.00 - 3.45pm

Olton Tavern, Lode Lane,  
Solihull, B92 8NU

## **Marston Green Tavern Lunch Club**

**Every Tuesday** 12.00 - 3.45pm

Marston Green Tavern, Station  
Road, Marston Green, B37 7AS

## **Thursday Friends Lunch Club**

**Every Thursday** 12.00 - 2.30pm

The Red Lion Pub, 1672 High St,  
Knowle, Solihull, B93 0LY

Come along to one of our weekly **lunch clubs** for a **hot meal, entertainment** and **wonderful company**.

They each cost **£8** a week, a this includes **lunch, tea/ coffee, a raffle** and **bingo**.

## **Wednesday Afternoon Club**

**Every Wednesday** 1.00 - 3.00pm

Moseley Cricket Club, Streetsbrook  
Road, Shirley, Solihull, B90 3PE

Join our dedicated volunteers for **tea, cake, activities** and the chance to **socialise** at a **new venue** for 2021.

This club costs **£3** a week to attend. **Transport** is available for an additional **£3 per return journey**, but a waiting list may apply.

Please call us on **0121 704 7811** (leave a message and we'll call you back) or email **activities@ageuksolihull.org.uk** if you are interested in attending any of our clubs.

# Age UK Solihull Services

We provide a range of services for older people living in the Solihull borough. Please get in touch if you feel you would benefit from any of the services below.

## Information and Advice

A free and confidential information and advice service. Our specialist older peoples advisers can help you to navigate the care and support system in Solihull, help you to look at housing options, help you to find local services or just offer a friendly ear if you need to talk.

 **0121 704 7840**  **[info@ageuksolihull.org.uk](mailto:info@ageuksolihull.org.uk)**



## Befriending

You will be paired with a volunteer Befriender, who will either visit you in your home or call you on the telephone once a week for a friendly chat.

 **0121 704 7846**  **[befriending@ageuksolihull.org.uk](mailto:befriending@ageuksolihull.org.uk)**



## Postural Stability Instruction

A 20-week programme of gentle exercise classes proven to improve strength, balance and confidence for older people with a history of falls.

 **0121 704 7845**  **[psi@ageuksolihull.org.uk](mailto:psi@ageuksolihull.org.uk)**



## Linking Veterans Together

A new service designed to tackle loneliness and improve wellbeing in older veterans and their spouses in Solihull.

 **0121 704 7854**  **[veterans@ageuksolihull.org.uk](mailto:veterans@ageuksolihull.org.uk)**



## Home Support Service

Help with jobs in and around the home including housework, shopping, meal preparation, getting out and about, and more. This is our only chargeable service (£18.50 per hour).

 **0121 704 7848**  **[hss@ageuksolihull.org.uk](mailto:hss@ageuksolihull.org.uk)**

