



# Clubs List

Updated Feb 2024

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This list is updated regularly. Please check [www.ageuk.org.uk/solihull/lists](http://www.ageuk.org.uk/solihull/lists) for the most up to date version.

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

Solihull Council has listings of clubs and organisations on their website [www.solihull.gov.uk](http://www.solihull.gov.uk) 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 and the Wednesday Afternoon Club at Moseley Cricket Club. See the following pages for more information. Contact our Linking People Together Team on 0121 704 7811 or 0121 704 7846 before attending.

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

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

The University of the Third Age (U3A) is an organization that provides education, creative and leisure opportunities to people no longer in full-time employment. To find your local group contact their national headquarters on 0208 466 6139 or [www.u3a.org.uk](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 Pamela Walker on 0121 603 1331 or email [Pamela.walker@contact-the-elderly.org.uk](mailto:Pamela.walker@contact-the-elderly.org.uk)

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

## Section One – Solihull

Club	Day	Details
Silhill Bridge Club St Helens Church St Helens Road Solihull B91 2DA	Mondays 7pm Wednesdays 1.30pm	Anyone of a reasonable standard. Contact John Adams on 01564 782 232
Solihull Lions Club Solihull Indoor Bowls Club Brick Kiln Lane Solihull B91 3LE	3 <sup>rd</sup> Thursday of the month at 7.30pm	All ages welcome to help organise support for the community. Contact Steven Walker 0121 711 1318
Solihull Stroke Group Oliver Bird Hall Solihull B91 3RQ	Thursdays 10.00am – 12.00pm Prior arrangement with Marian only	Everyone affected by stroke - Contact Marian Disbery 01676 534 944
Cameo Club St Helens Church St Helens Road Solihull B91 2DA	1 <sup>st</sup> Wednesday of each month at 2pm	Talks, film shows, rambles and social events. Contact Mrs Carole Davies 0121 711 1919

<p>Macular society St Augustines Church Hall Herbert Road Solihull B91 3QE</p>	<p>1<sup>st</sup> Thursday of each month at 2pm</p>	<p>Outings, talks and general catch up. Contact Dawn Dawson 01564 772 265</p>
<p>The Core Theatre Square Solihull B91 3RG</p>	<p>Wednesday 11.30am– 12.30pm</p> <p>Monday 13.30pm – 14.30pm &amp; Friday 12.00 – 13.00pm</p> <p>Pre booking essential by phone on 0121 704 6962 or <a href="http://www.thecoretheatre.solihull.co.uk">www.thecoretheatre.solihull.co.uk</a></p>	<p>Gentle Chair Yoga</p> <p>Chair based exercises that promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including people living with Parkinson's or Dementia</p> <p>Paracise</p> <p>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.</p>
<p>Keep Fit Club Olton Scout Hut Brackleys Way Solihull B92 8QF</p>	<p>Mondays &amp; Wednesdays 11.00am – 12.00pm</p>	<p>Over 50's keep fit to music. Contact Carol Beard 0121 705 8364</p>

Step into Solihull Solihull Active	Various days and venues across the whole borough of Solihull	Gentle activity programme: Walking sessions Gentle exercise sessions  Contact Solihull Active Team on 0121 704 8207 or see <a href="http://Solihullonthemove.co.uk">Solihullonthemove.co.uk</a>
Gradual Movability Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY	Thursdays 1.00 – 2.00pm	Falls Prevention Class to improve & maintain muscle strength, balance and stability. Gradually increase mobility & physical functions with physiotherapy based exercise.  Contact Nora on 07707 931 439 or email <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a> before attending.
Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY	Mondays 1.00 – 2.00pm	Falls Prevention Class to improve balance, get stronger and fitter. Make new friends.  Contact Sharon Greenway before attending on 07891 446 364
Solihull Synagogue Club 3 Monastery Drive Solihull B91 1DW	Thursdays 12.00 Noon	Meeting with a 3 course meal & entertainment for over 60's  Contact Rabbi or Mrs. Pink on 0121 707 5199
Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG	Wednesdays 10.00–11.00am & 11.00-12.00pm	To help mobility particularly if you have arthritis and/or osteoporosis.  0121 705 7367

<p>Spring Steps 1<sup>st</sup> Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30 – 2.30pm</p>	<p>Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Also offering wellbeing walks at Mill Pool. Always Contact Nora before attending on 07707 931 439 Or email <a href="mailto:Nora@Envolvewell.com">Nora@Envolvewell.com</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. Contact Solihull Active Team on 0121 704 8207 for more info. <a href="http://www.solihullactive.co.uk/docspot-exercise-referral">www.solihullactive.co.uk/docspot-exercise-referral</a>.</p>
<p>Everyone Active Tudor Grange Leisure Centre Blossomfield Road 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>Moments United Reform Church 741 Warwick Road Solihull B91 3DG</p>	<p>Monday 10am-12pm</p>	<p>For support &amp; encouragement for those with dementia in a relaxed atmosphere. Providing respite &amp; advice for carers. Contact Elaine on 0121 744 6067 before attending as there is a waiting list.</p>

<p>Friendship Café Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>2nd &amp; 4<sup>th</sup> Friday's of each month 10.30</p>	<p>Coffee, smiles, cake &amp; chat. All welcome. Donations appreciated. Contact Diane Webb 07478 001 759 0121 705 7367</p>
<p>Walking Football Solihull Football Center Brick Kiln Lane Solihull B91 3LE</p>	<p>Various days</p>	<p>Senior walking football sessions run by qualified coaches. The sessions are a 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 Mondays 10.30</p>	<p>Coffee mornings and trips arranged. Contact Sue for more detail on 01564 829 830</p>
<p>Solihull Pensioners Association Solihull Methodist Church Hall Station Approach Solihull B91 1LE</p>	<p>4<sup>th</sup> Wednesday of the month 11am – 1pm (Except Aug &amp; Dec)</p>	<p>Promoting the welfare of older people in Solihull &amp; surrounding area. Activities &amp; talks on subjects of interest to older people.  Contact Alan Thomas on 0121 705 3342</p>

<p>Memory Café Family Center rear of Solihull Renewal Church Lode Lane Solihull B91 2JR</p>	<p>Friday at 10am Monthly from 9 June 2023</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. Please contact 0121 711 7300 to check dates or mail hello@renewalcc.com</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 – 3.30pm</p>	<p>A small friendly society promoting the wellbeing of the over 50's. Call in for a cuppa &amp; a chat. Free parking on site. Contact Joanne on 07542 802 430 Or Liz on 0121 707 5626. Email birmingham@oddfellows.co.uk</p>
<p>Singing For The Brain Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>3<sup>rd</sup> Thursday of each month 10.30 – 12.00</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. Please contact David Rees Jones on 0121 706 4052 or Email BirminghamAndSolihull@Alzheimers.org.uk to find out more.</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> 4<sup>th</sup> Wednesday Lunch Club at 12 noon  2<sup>nd</sup> Wednesday Coffee &amp; cake at 10.30</p>	<p>Join us for a home cooked meal at a small cost. Please contact Anne Noble on 07808 722 848 for more details on prices and transport.</p>



Striving Stars Drawing & Talking Therapy. Various locations in and around the area.	Various days & times available.	For those living with dementia & their carers & families. Allows individuals to discover & communicate emotions through drawing. For more information please contact Emma on 07958 559 138 or email <a href="mailto:strivingstars17@gmail.com">strivingstars17@gmail.com</a>
Solihull Wheels for All Tudor Grange Leisure Centre Blossomfield Road B91 1NB	Mondays 10.30 – 12.30  Evenings from Spring 2023	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 is necessary, new attendees welcome. Please consult our Facebook page for further updates. <a href="https://www.facebook.com/Solihull-Wheels-for-All-2395952393959855">www.facebook.com/Solihull-Wheels-for-All-2395952393959855</a>  For private sessions and general enquiries please contact us directly by email <a href="mailto:Solihullwfaenquiries@gmail.com">Solihullwfaenquiries@gmail.com</a>
Power On Wellbeing Poplar Arcade Touchwood Shopping Center Solihull B91 3SW	Monday - Saturday 09.30 – 4.00pm	Wellbeing Retreat . Free massages. Ideal for those in pain waiting for NHS treatment.  Coffee and cakes.  Phone 07541 395 656 for more details on all POW's activities

<p>WARM HUB (Faith or no Faith)  Solihull Central Masjid  Warwick Road  Solihull  B91 3HG</p>	<p>Sunday  11.00 – 12.00</p>	<p>Join us for a chat with free tea, coffee and refreshments.  Supporting anyone suffering loneliness and affected by the high cost of living.  Just drop in or more info phone 07894 881 211</p>
<p>Saturday Social,  Marie Curie Hospice Support &amp; Wellbeing Hub,  Marsh Lane  Solihull  B91 2PQ</p>	<p>Saturday  9 December 2023  until  30 March 2024    10.30am  -  12.30pm</p>	<p>A warm welcome, open to all to meet &amp; chat with others.  Free refreshments.  Wi-fi, games &amp; books available.  No need to book.    For more info. call 0121 703 3600</p>
<p>Coffee Morning  Blossomfield Rose Care Home  Blossomfield Road  Solihull  B91 9FN</p>	<p>Tuesday  10.00 – 12.00</p>	<p>Everyone welcome for drinks, cakes and a chat.    Contact 0121 796 6490</p>
<p>Memories and Music Singing Group  The Studio  The CoreTheatre  Homer road  Solihull  B91 3RG</p>	<p>Friday  10.30 – 11.30am</p>	<p>A friendly singing group run by Solihull Music for people living with dementia and their carers.  Music can improve your mood and wellbeing bringing back old memories and feelings.  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.    Contact Minister Suzette Maguire before attending on 07464 471 333</p>

Rock Choir Solihull Preparatory School Brueton Avenue Solihull B91 3EN	Monday 7.15 – 8.45pm Term time only	Contemporary Choir. No auditions or musical knowledge needed. Its all about fun, community, friendship and life changing experiences.  Contact 01252 714 276 Mon-Fri 9.00 -5.00 Or email <a href="mailto:office@rockchoir.com">office@rockchoir.com</a>  <a href="http://www.rockchoir.com">www.rockchoir.com</a>
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## Section Two Shirley

Club	Day	Details
Tuesday's Club Shirley Baptist Church 144 Stratford Road Shirley B90 3BD	Tuesdays 10.30 -12.30pm Or 2.00 -4.00pm	For retired people to meet new people. Activities & refreshments.  Please phone church office on 0121 733 8089 before attending.
A Teacup & Handshake British Legion Parkgate Shirley B90 3GG	1 <sup>st</sup> Friday of the month 10.30am - 12.30pm  Thursday 2 – 3.30pm  Wednesday 10.00am – 12 Noon  Monday 7pm	Open to everyone, no need to book. Chat & refreshments available. British Legion outreach worker attends to support or advise if needed.  Bingo - Buy your book. Cash prizes & a raffle.  Gardening Club - Get together with fellow gardeners. Tea & coffee available.  Knit & Natter - Get together for a chat to knit or Sew. Refreshments available.  Contact 0121 744 1631
BINGO LAYCA Community Centre Stretton Road Shirley B90 2RL	Wednesday 1pm – 3.00pm & Friday 7.000 – 9pm	Full & Half Books available to purchase. small entrance fee with Tea, coffee biscuits provided. Contact 0121 744 1445

<p>Keep Dancing LAYCA Centre Stretton Road Shirley B90 2RL</p>	<p>Tuesday 1 – 2pm</p>	<p>Low impact dance moves from around the world. No partner needed. Booking in advance Essential by contacting Faye on 07984 423 534 or email on <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 whole borough of Solihull</p>	<p>Gentle activity programme: Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team on 0121 704 8207 or see <a href="http://Solihullonthemove.co.uk">Solihullonthemove.co.uk</a></p>
<p>Dementia Café Blossomfield Grange Care Home Formerly Sunrise of Solihull 1 Worcester Way Off Dog Kennel Lane Shirley B90 4JX</p>	<p>1<sup>st</sup> Monday of every month 10.30 – 12.00 (not bank holiday)</p>	<p>Socialise in a relaxed environment, meet new friends, ask any questions around memory loss &amp; join in activities. Complimentary refreshments. No charges. Must be pre booked by Contacting Jo on 0121 667 4626 or email <a href="mailto:Jo.hopkins@careuk.com">Jo.hopkins@careuk.com</a></p>
<p>Walking Netball &amp; Football Beechcroft Multi-Sports Community Club Hall Green Birmingham B28 9ER</p>	<p>Various Days</p>	<p>Senior walking netball/football sessions &amp; back to netball sessions run by qualified coaches Gemma &amp; Gaynor, all equipment is provided. The sessions are a 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,. Contact 0121 796 1330 or visit <a href="http://www.bookwhen.com/mpsport">www.bookwhen.com/mpsport</a></p>

<p>Doc Spot Solihull Active</p> <p>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.solihullactive.co.uk/docspot-exercise-referral">www.solihullactive.co.uk/docspot-exercise-referral</a></p>
<p>Parkinson's Café Solihull Retirement Village Victoria Crescent Shirley B90 3LP</p> <p>Free parking at rear</p>	<p><u>Every Other Thursday</u></p> <p>10.30am - 1230pm</p> <p><u>Please phone to check dates.</u></p>	<p>Come along for a chat over a cup of tea and get some information and advice from others affected by Parkinson's, partners ,friends , family, all are welcome. It's Free!</p> <p>Contact 07377987018 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>Paracise Exercise Club Solihull Retirement Village Victoria Crescent Shirley B90 3LP</p> <p>Free parking at rear</p>	<p>Monday 11.00-11.45am</p>	<p>Movement to music. Suitable for everyone. No floor work. Gentle on joints. Improves 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>Fountains Care Home 1355 Stratford Road Shirley B90 4EF</p>	<p>Last Thursday of the Month 10.00 – 12.00</p> <p>Last Thursday of the Month 10.00 – 12.00</p> <p>Friday 13.00 – 14.00</p>	<p>Dementia Cafe Support for those living with dementia and those caring for a loved one. Come along &amp; enjoy light refreshments, company and activities or just sit and relax.</p> <p>Community Café Come along &amp; enjoy light refreshments, company and activities or just sit and relax.</p> <p>Don't Dine Alone. Meal times can be lonely for older people so come along to enjoy company &amp; a nutritious meal with us.</p> <p>Please contact before attending 0121 733 8602</p>
<p>Got 2 Sing Choir Light Hall School Hathaway Road Shirley B90 2PZ</p>	<p>Thursday 19.30 – 21.00</p>	<p>Everyone welcome. No auditions or experience needed. Fun &amp; friendly community singing all your favourite hits.</p> <p>Contact on Freephone 03330 146 164 or see <a href="http://www.got2sing.co.uk">www.got2sing.co.uk</a></p>

<p>Widows United Shirley Institute Church Road Shirley B90 2AX</p>	<p>1<sup>st</sup> Wednesday of each month 13.30 – 15.30</p>	<p>Friendly club for widows. Come along and enjoy quizzes, speakers, social afternoons and coach trips</p> <p>Contact Margaret Morton on 0121 474 6360 for more info. or come along and join us.</p>
<p>AgeUK Solihull Wednesday Afternoon Club Moseley Cricket Club Streetsbrook Rd Shirley B90 3PE</p> <p>(formerly held at St Margarets Church)</p>	<p>Wednesday 1.00-3.00pm</p>	<p>Run by AgeUK Solihull volunteers. Over 65's. Various activities, tea &amp; cake. Register your place by contacting Age UK Solihull, Linking People Together Service, Clubs &amp; Activities 0121 704 7811 or 0121 704 7846 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p> <p>Volunteer transport possibly available (waiting list)</p>



## Section Three – Olton/Elmdon

Club	Day	Details
<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 on 0121 704 8207 or see <a href="http://Solihullonthemove.co.uk">Solihullonthemove.co.uk</a></p>
<p>Doc Spot Solihull Active</p> <p>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.solihullactive.co.uk/docspot-exercise-referral">www.solihullactive.co.uk/docspot-exercise-referral</a></p>
<p>Solihull Stroke Club Olton Friary St Bernards Road Olton Solihull B92 7BL</p>	<p>Wednesdays 09.30-13.00</p>	<p>Everyone affected by stroke is welcome to our social group. Chat over board games etc. Also join in group exercises by a physio therapist. A 2 course lunch will be served.</p> <p>Contact Pamela on 0121 744 3265 for more information and cost.</p>

<p>Community Group for Older People Lyndon Pub 190 Barn Lane Olton Solihull B92 7LY</p>	<p>Thursday 10 -12am</p>	<p>Social group of approx. 30 people Tea, coffee &amp; cake £1 per week.</p> <p>Stay for a pub meal with other members afterwards if you like.</p> <p>Just turn up or phone pub on 0121 743 2179</p>
<p>Solihull Society for Physically Handicapped Langley Hall Social Club 40 Langley Rd Olton Solihull B92 7HE</p>	<p>Last Weds of the month 6.45-9.00pm</p>	<p>Live entertainment, Light refreshments, raffle etc. Taxi fees paid. Please contact Nikki on 07875 540 897 before attending.</p>
<p>Wednesday Social Club Yardley ExService Mens Club 328 Yardley Rd Birmingham B25 8LT (On A45 at Swan Island)</p>	<p>Wednesday 12.00-3.00pm</p>	<p>Everyone welcome including non members. Singer and Bingo Contact Pat Smith for more details on 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>Please contact Lesley on 07483 110 768 for information on prices and times.</p>

## Section Four – North Solihull

Club	Day	Details
Ascent Group St Anthony's Church Oakthorpe Drive 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	<b>Tuesday</b> Line Dancing 10.00am (intermediate) & 11.30am <b>Tuesday</b> Friends in Retirement Sequence Dancing 1.30pm & 3.30pm <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday</b> Castle Bromwich W.I. 2pm Contact 0121 747 7150
POW's Community Project 14 Maple Walk Chelmsley Wood B37 5TS	Various days	<b>Monday</b> Over 50's Art & Crafts 3.00-4.00 pm  Positive Action 4 Mental Wellbeing- phone for times 4.00-5.00pm  <b>Wednesday</b> Knit & natter 11.00am -12.00 Noon  <b>Thursday</b> Ukrainian Family Club 11.30-12.30am
Off the Street Retreat Lily's Tea Parlour Chelmsley Wood Shopping Centre	Monday- Saturdays 09.30 – 4.00pm	Free massages. Ideal for those in pain waiting for NHS treatment. Wellbeing Retreat massages.  Phone 07541 395 656 for more details on all POW's activities

Keep Fit Fordbridge Centre Nineacres Drive Chelmsley Wood B37 5DD	Thursday 1.30 – 3.30pm	Gentle joint exercise, some line dancing followed by a cuppa and a chat  Sheila on 0121 770 2432
Line Dancing Shard End Community Centre 170 Packington Ave Birmingham B34 7RD	Thursday 12 -1pm beginners 1-2pm advanced	Contact 0121 464 5485
Tea Dance St Anne's Church Bosworth Drive B37 5DP	Last Wednesday of the Month 1.30 – 3.30pm	Contact Teresa 07873 570 583 Or St Annes on 0121 770 3283  Please phone before attending.
The Wellbeing Community Choir Fordbridge Centre Nineacres Drive Fordbridge B37 5DD	Monday 5.30-7.00pm	Free to join but a donation of £4 per session if you can afford to do so.  Turn up & ask for Martin Trotman or Contact Keely on 07841 924 289 or thewellbeingchoir@outlook.com
Doc Spot Solihull Active The scheme operates at: Tudor Grange Sports Centre. Hampton Heath Club. North Solihull Sports Centre. Smiths Wood Community Gym.	Session times & prices vary depending on the centre	Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre.  Contact Solihull Active Team on 0121 704 8207 for more information.

<p>St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BX</p>	<p>Monday</p> <p>Thursday</p>	<p>Cornerstone Bible Fellowship 10.30 - 11.45am Fortnightly</p> <p>Craft Group 1.00pm Fortnightly</p> <p>The Oasis Forget Me Not Café 1.00 – 2.30pm 4<sup>th</sup> week of each month. For people with memory loss &amp; their carers. Refreshments, board games etc. For more information contact 0121 748 5550</p>
<p>Moorfield Community Centre Hartshill Road Birmingham B34 6QX</p>	<p>Tuesday 5 – 6.30pm</p> <p>Friday 12.00 – 1.30pm</p>	<p>Social Group. Chat with refreshments &amp; various activities. For example board games, karaoke or bingo.</p> <p>Fish &amp; chip lunch with a hot drink &amp; a pudding £6.</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 on 0121 704 8207 or see <a href="http://Solihullonthemove.co.uk">Solihullonthemove.co.uk</a></p>
<p>Mid-Week Minglers St Barnabas Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Wednesday 9.30 – 11.30am</p>	<p>Any age welcome. Chat, dominoes, fund raising. Tea &amp; coffee. Christmas dinner. Contact Sindy Davison 0121 770 6152</p>

Three Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP	Monday 10.30am - 12.30pm	Mental Health Pop In All welcome for a Chat and refreshments.
	1.30-3.00pm	The Listening Project Listen & discuss music
	Tuesday 6.30 - 7.30pm	Northern Star Ukulele Band.
	7.30 - 9.45pm	Beginners & experts. North Solihull Singers. Proper community choir. All kinds of songs.
	Wednesday 1.30 - 3.30pm	Live Music from our resident musician. Lunch available from 3 Beans Cafe.
	1.00 - 3.00pm	Start Art Group
	7.00 – 8.30pm	Circle. A men's group. We meet, chat, solve the world's problem & go home.
	Thursday 10.30-12.00	Come Out Come In. A social support group for coffee, chat & new friends.
Continued over.....	1.00 -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 on 0121 582 0767
Young at Heart Programme North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA	Various days & times	Activities including: Short Mat Bowling Multi Activities inc. swim Low Impact Exercise Tai Chi Social Badminton Water Mobility  Always phone the Centre before attending a class on 0121 770 3822
The Jolly Club at Kingshurst District & Labour Club Clopton Crescent Chelmsley Wood B37 6QU	Thursday 12.00-3.00pm	Singer every week, bingo & refreshments. Bar is open. Day trips and holidays arranged. Just turn up and pay a small entrance fee. Contact Brian on 07592 550 115
Forget Me Not Memory Café Coleshill Town Hall Old Court Room High Street Coleshill B46 3BG	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of every month 12 – 3pm	Entertainment and games for those with memory loss and their carers. Tea, coffee & cakes. Contact Diane on 01675 464 634

<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 the month 1.00- 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. Please contact 0121 706 4052 or Email BirminghamAndSolihull@ Alzheimers.org.uk to find out more.</p>
<p>Everyone Active North Solihull Sports Center Conway Road, Solihull, B37 5LA</p>	<p>Various days and times</p>	<p>Social Table Tennis Social Badminton Low impact exercise Gentle Swim Session Tai Chi Cycling Contact 0121 770 3822 for details.</p>
<p>Friday Warming Hub Chelmsley Wood Town Council &amp; Onward Club 107 Helmswood Drive Chelmsley Wood B37 7NS</p>	<p>Friday 10am – 1pm</p>	<p>Providing hot drinks, food, activities, games and company for local residents. All funded by the Council.</p>
<p>Sequence Dancing Seeds of Hope St Barnabas Community Hall Over Green Drive Kingshurst Solihull B37 6EY</p>	<p>Friday 11am – 1pm  <u>Excluding the 1st</u> <u>Friday of every</u> <u>month</u></p>	<p>A friendly club offering sequence &amp; line dancing for over 50's.  Contact Ann on 0121 770 5140</p>



Seniors Afternoon The Bell Inn 12 Birmingham Road (just off the High St) Coleshill B46 1AA	2 <sup>nd</sup> Tuesday of the month  4 <sup>th</sup> Tuesday of the month	3 course meal & bingo  3 course meal & local singers or DJ's  Contact Kelly on 01675 463 310 for cost and more info.
Womens Walks Meet at Meriden Adventure Playground Moorend Avenue B37 5TE	1 <sup>st</sup> Tuesday of the month 1.00 - 2.00pm	Get out whatever the weather for a walk with drinks afterwards.  For more info email <a href="mailto:ellen@meridenadventureplayground.com">ellen@meridenadventureplayground.com</a>
Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS	Tuesday 12.00-3-.00pm	Lunch club with hot meal run by Age UK Solihull staff & volunteers for the over 60's. Register your place by contacting Age UK Solihull, Linking People Together Service, Clubs & Activities 0121 704 7811 or 0121 704 7846 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a>

## Section Five – Rural Solihull

Club	Day	Details
Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Wednesday 11.00am	Ladies Circle Ladies living locally meet for a coffee & a chat. Every fourth week there will be singing, speakers or games. Contact Jill Brown.
	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of the month 2 – 4pm	Tea Party. Join us for afternoon tea & a chat. No charge, donations welcome. Contact Joan Pulley on 01564 205121
	3 <sup>rd</sup> Friday of the month 12.00 Noon	An optional church service in Room 1 followed by:
	12.30pm	Lunch Club. Join us for a chat & a 2 course meal for a small charge Contact Shirley Atkinson.  Contact office on 07553 742448 for more information on any clubs.  <a href="http://www.dorridgemethodist.org.uk">www.dorridgemethodist.org.uk</a>
Inspire at St Philips St Philips Church Centre Dorridge B93 8NY	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of each month 7.30pm	All ages welcome to this church based social group. Caring for each other. Contact Kitty Grundy on 01564 773 920

<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. Contact office on 01564 775 652 For more information.</p>
<p>Forever Active Strength &amp; Balance Class St Philips Church Dorridge B93 8NY</p>	<p>Monday 10 – 11am  Wednesday 11.30am-12.30pm</p>	<p>A physio-led strength and balance class for all ages. Developed with the latest research to support older adults regain &amp; maintain their strength, balance &amp; independence. 1<sup>st</sup> class free. 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 – 3pm</p>	<p>Run by volunteers for the over 60's. Afternoon tea and biscuits. Opportunity to make new friends. Small friendly group. Contact Lorraine Mullard on 0121 745 9035 or 07709 500781 Or email stuartmullard@yahoo.co.uk</p>
<p>Knit &amp; Natter Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>3rd Monday of the month 2.00 – 4.00pm</p>	<p>Bring your own project. Just turn up no charge. Contact Dennise on 07899 914 228</p>

Tai Chi Bentley Heath Community Centre Widney Road Solihull B93 9BN	Monday 10.30 – 11.30am also Thursday 10.00 – 11.00am	Contact Jan Wilson on 07808 557 837
EXTEND Bentley Heath Community Centre Widney Road Solihull B93 9BN	Wednesday 10.45 – 11.45am	Gentle exercise for the older person to challenge fitness levels. Can be done seated  Contact Keneez on 07557 686 991
Step into Solihull Solihull Active	Various days and venues across the whole borough of Solihull	Gentle activity programme: Walking sessions Gentle exercise sessions  Contact Solihull Active Team on 0121 704 8207 or see <a href="http://Solihullonthemove.co.uk">Solihullonthemove.co.uk</a>
F I R S Art Group Bentley Heath Community Centre Widney Road Solihull B93 9BN	Wednesday 1.00 – 4.00 pm	Contact Ross on 01564 739 129
Keep Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN	Thursday 11.30am – 12.30pm	Over 50's low impact dance steps from around the world. No partner needed. Contact Faye on 07984 423 534

Line Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN	Thursday 2.00 – 3.30pm	Contact Mavis on 07714 771 048
Dorridge & District Gardening Club Bentley Heath Community Centre Widney Road Solihull B93 9BN	2 <sup>nd</sup> Thursday of the month at 7.30pm <u>only certain months</u>	Contact Alan on 01564 773 128 for more info. or check <a href="http://www.ddgc.org.uk">www.ddgc.org.uk</a>
Solihull RSPB Group Bentley Heath Community Centre Widney Road Solihull B93 9BN	1 <sup>st</sup> Thursday of the month at 7.30pm <u>Only certain months</u>	Contact Sophie via email on <a href="mailto:sophie.rspbsolihull@gmail.com">sophie.rspbsolihull@gmail.com</a>
The Cottage Garden Society Bentley Heath Community Centre Widney Road Solihull B93 9BN	1 <sup>st</sup> Saturday of month at 2.30pm Sept – April indoors. Occasional trip or plant sale in Summer.	Contact Margaret Lane for more information on 01564 783 475
South Devon Railway Club Bentley Heath Community Centre Widney Road Solihull B93 9B	Last Thursday of the month at 8.00pm <u>Sept – April only</u>	Contact Roger Inwood on 0121 704 9764

<p>The Hardy Plant Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2<sup>nd</sup> Saturday of month at 2.30pm <u>only certain</u> <u>months</u></p>	<p>Contact Bridget for more info on 01564 205 363 or email wmids@hardy-plant.org.uk  www.hpswestmids.org.uk</p>
<p>The Café Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> Saturday of the month 10.00am – 12.00 Noon</p>	<p>All welcome</p>
<p>Jubilee Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Sunday at 7.30pm</p>	<p>Bingo and social. Please arrive at 7.00 on your 1<sup>st</sup> visit to register. Contact Cliff on 07976 236 141</p>
<p>Knowle knitwits The Guildhall (next to Church) High Street Knowle B93 0LN</p>	<p>4<sup>th</sup> Monday in the 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. Contact Judy Townsley 01564 774413 or email judyandmike@btinternet.com</p>

<p>Big Brew United Reform Church Station road Knowle B93 0HN</p>	<p>Tuesday 10.00am – 12.00 Noon</p>	<p>A place to meet for coffee, tea, cake and a chat. No charge just a small donation towards refreshments. Pop in any time. Contact Stephanie Tall on 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 on 07962 035 744 or email on <a href="mailto:Liz.gavin@moveitorloseit.co.uk">Liz.gavin@moveitorloseit.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 – 3pm</p> <p>Fridays 7 -9pm</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>Doc Spot Solihull Active</p> <p>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.solihullactive.co.uk/docspot-exercise-referral">www.solihullactive.co.uk/docspot-exercise-referral</a></p>
<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: 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>Please contact Jackie Tomnie for more detail on 01676 533 315 or email <a href="mailto:enquiries@balsallcommonvillagehall.org.uk">enquiries@balsallcommonvillagehall.org.uk</a> Or see website <a href="http://www.balsallcommonvillagehall.org.uk">www.balsallcommonvillagehall.org.uk</a></p>
<p>Memories Café Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>2<sup>nd</sup> Wednesday of each month 1.15 – 3.00pm</p>	<p>For those living with dementia and their carers.</p> <p>Please contact Christine Hornsby On 07974 140 353 for more details before attending.</p>



<p>Memories Coffee &amp; A Chat</p> <p>Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL</p>	<p>1st Thursday of each month 11.00 – 12.30pm</p>	<p>For those living with dementia and their carers.</p> <p>Please contact Christine Hornsby On 07974 140 353 for more details before attending.</p>
<p>Tri Wellness Exercise classes</p> <p>Woodfield Farm Norton Lane Earlswood B94 5LS</p>	<p>Various days &amp; times</p>	<p>Over 65's small group exercise including seated mobility, pilates, yoga, mindfulness &amp; meditation and gentle dance aerobics.</p> <p>Please call Rob on 07740 289 350 for more information or email <a href="mailto:admin@triwellness.co.uk">admin@triwellness.co.uk</a></p>
<p>Coffee Mornings</p> <p>Eastcote Park Knowle Road Eastcote Solihull B92 0JA</p>	<p>Friday 11am – 12.30pm &amp; Last Wednesday of the month 2.00 – 3.30pm</p>	<p>Place of Welcome Coffee Morning. Everyone is welcome to enjoy a coffee and meet new people in a safe environment.</p> <p>Please phone 0121 756 3149 or email <a href="mailto:eastcote.enquiries@cinnamoncc.com">eastcote.enquiries@cinnamoncc.com</a></p>
<p>Music &amp; Memories</p> <p>Eastcote Park Knowle Road Eastcote Solihull B92 0JA</p>	<p>Every other Monday from 2nd of October 2023 2.30 – 3.30pm</p>	<p>A singing group run by Solihull Music for anyone living with dementia and their carers. Choose a song to sing and bring back memories.</p> <p>No charge but booking is essential on 0121 756 7374 or email <a href="mailto:eastcote.enquiries@cinnamoncc.com">eastcote.enquiries@cinnamoncc.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 12.15 – 1.00pm</p>	<p>Movement to music. Suitable for everyone. No floor work. Gentle on joints. Improves posture, balance and mobility.</p> <p>Just turn up or contact Dawn on 07532 160 610 for more info.</p> <p>Email <a href="mailto:dawn@risehealthandfitness.co.uk">dawn@risehealthandfitness.co.uk</a></p>
<p>Renew Café The Guild House 1717 High Street Knowle B93 0LN</p>	<p>Wednesday 2.00 – 4.00pm</p>	<p>A shared wellbeing space where you can enjoy a calm cuppa and a chat. Everyone welcome no need to book. Run by Knowle Parish Church Activities available or bring your own project. Optional prayer and meditation session.</p> <p>email <a href="mailto:office@kpc.org.uk">office@kpc.org.uk</a></p> <p>Website <a href="http://www.kpc.org.uk">www.kpc.org.uk</a></p>

<p>Age UK Solihull          Friendship          Lunch Club          Red Lion Pub          1672 High Street          Knowle          B93 0LY</p>	<p>Thursday          12 – 2.30pm</p>	<p>Run by Age UK Solihull staff &amp; volunteers for over 60's. Socialise and enjoy a hot meal. Various activities. Cost £7 (£6 for meal &amp; tea or coffee, £1 for activities) To check or register your place contact Age UK Solihull, Linking People Together Service, Clubs &amp; Activities 0121 704 7811 or 0121 704 7846 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p>
<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 every month          throughout the          winter months.          9.30 – 11.30am</p>	<p>Balsall Common Lions will greet with a smile, a warm drink and a slice of something sweet! Enjoy a chat with new friends in a welcoming warm space.</p> <p>See website for details:  <a href="http://balsallcommonlions.org">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> or more detail.</p>

<p>Rock Choir St George &amp; St Teresa Parish Centre Station Road Dorridge B93 8EZ</p>	<p>Tuesday 10 – 11.30am 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</p> <p>Or email <a href="mailto:office@rockchoir.com">office@rockchoir.com</a></p> <p><a href="http://www.rockchoir.com">www.rockchoir.com</a></p>
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## DAY CENTRES

Park View Day Centre Monkspath Hall Road Solihull B91 3LU	Please phone for more details Contact 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	Please phone for more details 0121 711 6322 email <a href="mailto:solihull.enquiries@starandgarter.org">solihull.enquiries@starandgarter.org</a> Webite Starandgarter.org	Veterans only Meet new people, have wonderful food and enjoy a host of entertainment.
Colebrook Day Centre 291 Bosworth Drive Chelmsley Wood B37 5DP	Please phone for more details 0121 717 1683	Older people. Social & leisure activities
Shepherdson Court Day Centre 7 Damson Parkway Solihull B91 2PP	Please phone for more details 0121 711 4266 email <a href="mailto:daycentremanager@raynerhouse.co.uk">daycentremanager@raynerhouse.co.uk</a> Website Raynerhouse.co.uk	Daily activities, weekdays for our residents and external visitors to have a stimulating and sociable experience.
Willow Grange Care Home 119 St Bernards Road Solihull B92 7DH	Please phone for more details 0121 708 0804 email <a href="mailto:info@willowgrangecarehome.co.uk">info@willowgrangecarehome.co.uk</a> Website willowgrangecarehome.co.uk	Social activities for older people

<p>The Blanning Day Centre Winster Avenue Dorridge Solihull B93 8ST</p>	<p>Please phone for more details 01564 771 179 Email <a href="mailto:enquiries@familycaretrust.co.uk">enquiries@familycaretrust.co.uk</a> Website familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull</p>	<p>Providing specialist care and support for people with memory problems, such as Alzheimer's, strokes, Parkinson's and other mental health problems.</p>
<p>Rose Cottage Care Farm Stratford Road Hockley Heath Solihull B94 5NH</p>	<p>Please phone for more details 07825 698 649 email <a href="mailto:tina@rosecottage.care">tina@rosecottage.care</a> Website <a href="https://rosecottage.care/">https://rosecottage.care/</a></p>	<p>Person-centred day care for 20 adults with additional needs. We aim to give purpose &amp; satisfaction through horticulture &amp; animal therapy amongst many other activities.</p>
<p>Shirley Dementia Day Care Service Pheonix House 2 Swallows Meadow Shirley Solihull B90 4PQ</p>	<p>Please phone for more details on 07538 104514 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>