



Clubs List

Updated Feb 2024

Section One	Solihull
Section Two	Shirley
Section Three	Olton/Elmdon
Section Four	North Solihull
Section Five	Rural Solihull
Section Six	Day Centres

This list is updated regularly. Please check 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 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. www.ageuk.org.uk/solihull

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

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

The University of the Third Age (U3A) is an organization that provides education, creative and leisure opportunities to people no longer in full-time employment. To find your local group contact their national headquarters on 0208 466 6139 or www.u3a.org.uk

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

For those requiring more support. Solihull Adult Social Care has a number 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 Wed 1.30pm	Anyone of a reasonable standard. Contact John Adams on 01564 782 232
Solihull Lions Club Hobs Meadow Pub Solihull B92 8ED	3 rd Thursday of the month at 7.30pm	All ages welcome to help organise support for the community. Contact Steven Walker 0121 711 1318

<p>Solihull Stroke Group Oliver Bird Hall Solihull B91 3RQ</p>	<p>Thursday 10.00am – 12.00pm</p>	<p>Everyone affected by stroke - Contact Marian Disbery 01676 534 944 Please phone Marian before attending.</p>
<p>Cameo Club St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1st Wed of each month at 2pm</p>	<p>Talks, film shows, rambles and social events - Contact Mrs Carole Davies 0121 711 1919</p>
<p>Macular society St Augustines Church Hall Herbert Road Solihull B91 3QE</p>	<p>1st Thursday of each month 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>Pre booking essential on 0121 704 6962 or www.thecoretheatresolihull.co.uk</p>	<p>Wednesday 11.30am– 12.30pm</p> <p>Monday 13.30pm – 14.30pm & Friday 12.00noon – 13.00pm</p>	<p>Gentle Chair Yoga Chair based exercises that promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including people living with Parkinson's or Dementia.</p> <p>Paracise Low intensity exercise to music. Ideal for anyone finding regular classes too much maybe who haven't exercised for a long time, returning from injury or have health conditions.</p>
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<p>Keep Fit Club Olton Scout Hut Brackleys Way Solihull B92 8QF</p>	<p>Mondays & Weds</p> <p>11.00am – 12.00pm</p>	<p>Over 50's Those with mobility problems can do seated exercises Contact Carol Beard 0121 705 8364</p>
<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle activity programme: Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team on 0121 704 8207 or see Solihullonthemove. co.uk</p>

<p>Gradual Movability Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Thursday 1.00pm - 2.00 pm</p>	<p>Improve & maintain muscle strength, balance and stability. Gradually increase mobility & physical functions with physiotherapy based exercise.</p> <p>Contact Nora on 07707 931 439 or email nora@envolvewell. co.uk before attending.</p>
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<p>Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Monday 1.00pm - 2.00 pm</p>	<p>Improve balance, get stronger and fitter. Make new friends.</p> <p>Contact Sharon Greenway 07891 446 364</p>
<p>Solihull Synagogue Club 3 Monastery Drive Solihull B91 1DW</p>	<p>Thursday 12.00 Noon</p>	<p>Meeting with a 3 course meal & entertainment for Over 60's</p> <p>Contact Rabbi or Mrs. Pink on 0121 707 5199</p>

<p>Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>Wed 10-11am & 11-12am</p>	<p>To help mobility particularly if you have arthritis and/or osteoporosis 0121 705 7367</p>
<p>Spring Steps 1st Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30pm — 2.30pm</p>	<p>Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Also offering wellbeing walks at Mill Pool. Always Contact Nora before attending on 07707 931 439 Or email Nora@Envolvewell. com</p>

<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Hampton Heath Club</p>	<p>Session times & prices vary</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. www.solihullactive.co.uk/docspot-exercise-referral.</p>
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<p>Everyone Active Tudor Grange Leisure Centre Blossomfield Road Solihull B91 1NB</p>	<p>Various days and times</p>	<p>Social Table Tennis Social Badminton Low impact exercise Gentle Swim Session Tai Chi Cycling Contact 0121 705 6371 For more details.</p>
<p>Moments United Reform Church 741 Warwick Road Solihull B91 3DG</p>	<p>Monday 10am - 12 noon</p>	<p>For support & encouragement for those with dementia in a relaxed atmosphere. Providing respite & advice for carers. Contact Elaine re waiting list. 0121 744 6067</p>

<p> Friendship Café Solihull Methodist Church Blossomfield Road Solihull B91 1LG </p>	<p> 2nd & 4th Friday's of each month </p> <p> 10.30am </p>	<p> Coffee, smiles, cake & chat. All welcome. Donations appreciated. </p> <p> Contact Diane Webb 07478 001 759 0121 705 7367 </p>
<p> Walking Football Solihull Football Center Brick Kiln Lane Solihull B91 3LD </p>	<p> Various days </p>	<p> Senior walking football sessions run by qualified coaches. Meet new people and improve your fitness & wellbeing. Book online & then pay & play when you arrive. </p> <p> Contact 0121 796 1330 or visit www.bookwhen.com /mpsports </p>

<p>Fifties World</p>	<p>Various dates & locations in the Solihull Area</p> <p>Monday 10.30 am</p>	<p>Coffee mornings and trips arranged.</p> <p>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>4th Weds of the month</p> <p>11.0am – 1.00pm</p> <p>(Except Aug & Dec)</p>	<p>Promoting the welfare of older people in Solihull & surrounding area. Activities & talks on subjects of interest to older people.</p> <p>Contact Alan Thomas on 0121 705 3342</p>

Memory Café Family Center rear of Solihull Renewal Church Lode Lane Solihull B91 2JR	Friday Monthly from 9 June 2023 10am	Support for those with dementia and their carers. This group creates a huge sense of belonging, love & togetherness. Respite & refreshments at a small charge. No need to book. Contact 0121 711 7300 or email hello @renewalcc.com
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<p>The Oddfellows Society Royal British Legion Club Broomfield Hall Union Road Solihull B91 3DH</p>	<p>3rd Thursday of each month</p> <p>2.00am — 3.30pm</p>	<p>A small friendly society promoting the wellbeing of the over 50's. Call in for a cuppa & a chat. Free parking on site.</p> <p>Contact Joanne on 07542 802 430 or Liz on 0121 707 5626.</p> <p>email birmingham@oddfell ows.co.uk</p>
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<p>Singing For The Brain Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>3rd Thursday of each month 10.30am — 12.00am</p>	<p>Singing sessions bringing people affected by dementia & their carers together in a friendly and stimulating activity.</p> <p>Run by the Alzheimer's Society.</p> <p>Please contact David Rees Jones on 0121 706 4052 or Email BirminghamAndSolihull@Alzheimers.org.uk to find out more.</p>
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<p>Lunch Club & Coffee Morning St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1st 3rd & 4th Weds</p> <p>Lunch Club at 12 noon</p> <p>2nd Weds Coffee & cake at 10.30am</p>	<p>Please contact Anne Noble on 07808 722 848 for more details on prices and transport.</p>
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<p>Striving Stars Drawing & Talking Therapy. Various locations in and around the area.</p>	<p>Various days & times available.</p>	<p>For those living with dementia & their carers & families. Allows individuals to discover & communicate emotions through drawing.</p> <p>For more information please contact Emma on 07958 559 138 or email strivingstars17@ gmail.com</p>
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<p>Solihull Wheels for All Tudor Grange Leisure Centre Blossomfield Road Solihull B91 1NB</p>	<p>Mondays 10.30am — 12.30pm Evenings from Spring 2023</p>	<p>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. See our Facebook page. www.facebook.com/Solihull-Wheels-for-All-2395952393959855 Private sessions and general enquiries contact by email Solihullwfaenquiries@gmail.com</p>
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<p>Power On Wellbeing Poplar Arcade Touchwood Shopping Center Solihull B91 3SW</p>	<p>Monday – Saturday</p> <p>09.30am – 4.00pm</p>	<p>Wellbeing Retreat . Free massages. Ideal for those in pain waiting for NHS treatment.</p> <p>Coffee and cakes.</p> <p>Phone 07541 395 656 for more details on all POW's activities</p>
<p>WARM HUB (Faith or no Faith) Solihull Central Masjid Warwick Road Solihull B91 3HG</p>	<p>Sunday</p> <p>11.00am – 12.00Noon</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>Coffee Morning Blossomfield Rose Care Home, Blossomfield Road, Solihull B91 9FN</p>	<p>Tuesday 10.00am — 12.00noon</p>	<p>Everyone welcome for drinks, cakes and a chat.</p> <p>Contact 0121 796 6490</p>
<p>Memories and Music Singing Group The Studio The CoreTheatre Homer road Solihull B91 3RG</p>	<p>Friday 10.30 — 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.</p> <p>Email paula.ewer@solihull.gov.uk for further information.</p>

<p>Saturday Social, Marie Curie Hospice Support & Wellbeing Hub, Marsh Lane Solihull B91 2PQ</p>	<p>Saturday 9 Dec 23 until 30 March 2024 10.30am - 12.30pm</p>	<p>A warm welcome, open to all to meet & chat with others. Free refreshments. Wi-fi, games & books available. No need to book.</p> <p>For more info. call 0121 703 3600</p>
<p>Wellbeing Wednesdays Greville Arms Cornyx Lane Solihull B91 2RB</p>	<p>Weds 10.30 – 11.30am</p>	<p>Meet up for a chat & refreshments. 5 steps to mental wellbeing.</p> <p>Contact Minister Suzette Maguire before attending on 07464 471 333</p>

<p>Rock Choir Solihull Preparatory School Bructon Avenue Solihull B91 3EN</p>	<p>Monday 7.15 – 8.45pm 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 Or email office@rockchoir.co m www.rockchoir.com</p>
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Section Two Shirley

Club	Day	Details
Tuesday's Club Shirley Baptist Church 144 Stratford Rd Shirley B90 3BD	Tuesday 10.30am - 12.30pm or 2.00pm - 4.00pm	For retired people to meet new people Activities & Refreshments. Contact church office On 0121 733 8089 before attending.

British Legion Parkgate Shirley B90 3GG	1 st Friday of the month 10.30am- 12.30pm	Open to everyone. No need to book. British Legion outreach worker attends to support or advise if needed.
	Thursday 2 -3.30pm	Bingo-buy your book. Cash prizes. Raffle.
	Wednesday 10 -12noon	Gardening Club Get together with fellow gardeners over tea & Coffee.
	Monday 7pm	Knit & Natter- Get together to knit or sew over tea & coffee. Contact 0121 744 1631

<p>BINGO LAYCA Community Centre Stretton Road Shirley B90 2RL</p>	<p>Wednesday</p> <p>1.00pm - 3.00pm</p> <p>&</p> <p>Friday 7.00pm — 9.00pm</p>	<p>Full & Half Books available to purchase. Small entrance fee with refreshments provided.</p> <p>Contact 0121 744 1445</p>
<p>Keep Dancing LAYCA Centre Stretton Road Shirley B90 2RL</p>	<p>Tuesday</p> <p>1.00pm — 2.00pm</p>	<p>Low impact dance moves from around the world. No partner needed.</p> <p>Contact Faye on 07984 423 534 or email on info@fayeconnor dance.com</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 Solihullonthemove.co.uk</p>
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Dementia Café Blossomfield Grange Care Home Formerly Sunrise of Solihull 1 Worcester Way Off Dog Kennel Lane B90 4JX	1st Monday of every month 10.30am– 12.00 noon (not bank holiday)	Socialise in a relaxed environment, meet new friends, ask any questions around memory loss & join in activities. All Free. Must be pre booked by Contacting Jo on 0121 667 4626 or Email jo.hopkins@ Careuk.com
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Walking Netball & Football Beechcroft Multi-Sports Community Club Hall Green Birmingham B28 9ER	Various Days	Senior walking netball/football sessions Equipment is provided, great place to meet new people and improve your fitness & wellbeing. Sessions booked online & then pay & play when you arrive. Contact 0121 796 1330 or visit www.bookwhen.com/mpsports
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<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Hampton Heath Club</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more info. www.solihullactive.co.uk /docspot-exercise-referral</p>
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<p>Parkinson's Café Solihull Retirement Village Victoria Crescent Shirley Solihull B90 3LP</p> <p>Free parking at rear</p>	<p><u>Every other</u> Thursday</p> <p>10.30am - 12.30pm</p> <p>Please phone to check dates.</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 enquiries@solihull parkinsons.org.uk Or www. Solihullparkinsons. org.uk</p>
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<p>Paracise Exercise Club Solihull Retirement Village Victoria Crescent Shirley Solihull B90 3LP</p> <p>Free parking at rear</p>	<p>Monday</p> <p>11.00am - 11.45am</p>	<p>Movement to music. Suitable for everyone. No floor work. Gentle on joints. Improves posture, balance and mobility. Contact Dawn on 07532 160 610 or email dawn@risehealth andfitness.co.uk</p>
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<p>Fountains Care Home 1355 Stratford Road Shirley Solihull B90 4EF</p>	<p>Last Thursday of the Month</p> <p>10.00am - 12.00noon</p> <p>Last Thursday of the Month</p> <p>10.00am - 12.00noon</p> <p>Friday</p> <p>1.00pm - 2.00pm</p>	<p>Dementia Café Support for those living with dementia & carers. Meet for refreshments, activities and entertainment.</p> <p>Community Café Everyone welcome</p> <p>Don't Dine Alone. Enjoy company & a nutritious meal.</p> <p>Contact before attending 0121 733 8602</p>
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<p>Got 2 Sing Choir Light Hall School Hathaway Road Shirley B90 2PZ</p>	<p>Thursday 7.30pm — 9.00pm</p>	<p>Everyone welcome. No auditions or experience needed. Fun & friendly community singing all your favourite hits.</p> <p>Contact on Freephone 03330 146 164 or see www.got2sing.co.uk</p>
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Widows United Shirley Institute Church Road Shirley B90 2AX	1 st Wednesday of each month 1.30pm — 3.30pm	Friendly club for widows. Come along and enjoy quizzes, speakers, social afternoons and coach trips Contact Margaret Morton on 0121 474 6360 for more info. or come along and join us.
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<p>Age UK Solihull Wednesday Afternoon Club Moseley Cricket Club Streetsbrook R Shirley B90 3PE</p> <p>(formerly held at St Margarets Church)</p>	<p>Wednesday</p> <p>1.00pm - 3.00pm</p>	<p>Run by Age UK Solihull volunteers. Over 65's various activities, tea & cake. Register your place by contacting Age UK Solihull, Linking People Together Service, Clubs & Activities 0121 704 7811 or 0121 704 7846 or email activities@ageuksolihull.org.uk</p> <p>Volunteer transport possibly available (waiting list)</p>
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Section Three – Olton/Elmdon

Club	Day	Details
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 Solihullonthemove.co.uk

<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Continued... Hampton Heath Club</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness. Based at a Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more info. www.solihullactive.co.uk/docspot-exercise-referral</p>
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<p>Solihull Stroke Club Olton Friary St Bernards Road Olton Solihull B92 7BL</p>	<p>Wed 9.30am - 1.00pm</p>	<p>Everyone affected by stroke welcome. Board game, group exercises & a 2 course lunch.</p> <p>Contact Pamela on 0121 744 3265 for more details.</p>
<p>Community Group for Older People Lyndon Pub 190 Barn Lane Olton Solihull B92 7LY</p>	<p>Thursday 10am - 12noon</p>	<p>Social group of approx. 30 people Tea, coffee & 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 6.45pm - 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>Weds 12.00 noon - 3.00pm</p>	<p>Everyone welcome including non members. Singer & Bingo. Contact Pat Smith for more details on 0121 706 0202 before 11am. leave a message & she will return your call.</p>

Lunch Service Kingsford Court 125 Ulleries Road Hobs Moat Solihull B92 8DT	Mon to Friday & Sunday	2 or 3 course meals available Please contact Lesley on 07483 110 768 for information on prices and times.
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Section Four – North Solihull

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

POW's Community Project 14 Maple Walk Chelmsley Wood B37 5TS	Various days	<p>Monday Over 50's Art & Crafts 3.00-4.00 pm</p> <p>Positive Action 4 Mental Wellbeing- 4-5.00pm</p> <p>Wednesday Knit & Natter 11-12_{noon}</p> <p>Thursday Ukranian Family Club 11.30-12.30am</p>
Off the Street Retreat Lily's Tea Parlour Chelmsley Wood Shopping Centre	Monday- Saturday 9.30am - 4.00pm	<p>Free massages for those in pain.</p> <p>Phone 07541 395 656 for more details on all POW's activities</p>

<p>Keep Fit Fordbridge Centre Nineacres Drive Chelmsley Wood B37 5DD</p>	<p>Thursday 1.30 – 3.30pm</p>	<p>Gentle joint exercise, some line dancing followed by a cuppa and a chat</p> <p>Sheila on 770 2432</p>
<p>Line Dancing Shard End Community Centre 170 Packington Avenue Birmingham B34 7RD</p>	<p>Thursday 12 -1pm beginners</p> <p>1-2pm advanced</p>	<p>Contact 0121 464 5485</p>

<p>Tea Dance St Anne's Church Bosworth Drive B37 5DP</p>	<p>Last Wed of the Month 1.30 – 3.30pm</p>	<p>Contact Teresa 07873 570 583 Or St Annes on 0121 770 3283 Please phone before attending.</p>
<p>The Wellbeing Community Choir Fordbridge Centre Nineacres Drive Fordbridge B37 5DD</p>	<p>Monday 5.30- 7.00pm</p>	<p>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 email thewellbeingchoir@ outlook.com</p>

<p>Doc Spot Solihull Active operates at North Solihull Sports Centre & Smiths Wood Community Gym</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more information.</p>
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St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BX	Monday	Cornerstone Bible Fellowship 10.30 - 11.45am Fortnightly Craft Group 1.00pm Fortnightly
	Thursday	The Oasis Forget Me Not Café 1.00–2.30pm 4 th week of the month. For people with memory loss & their carers. Refreshments, board games etc. For more information Contact 0121 748 5550 for dates etc.

Moorfield Community Centre Hartshill Road Birmingham B34 6QX	Tuesday 5.00 - 6.30pm Friday 12.00 – 1.30pm	Social Goup. Chat with Refreshments and Activities. Fish & chip lunch, hot drink & pudding £6
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 704 8207 or see Solihullonthemove .co.uk

Mid-Week Minglers St Barnabas Church Overgreen Drive Kingshurst B37 6EY	Weds 9.30 – 11.30am	Any age Chat, dominoes, fund raising. Tea & coffee. Contact Sindy Davison 0121 770 6152
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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 Ukulelele Band.
	7.30 - 9.45pm	Beginners & experts. North Solihull Singers. choir. All kinds of songs.
	Wednesday 1.30 - 3.30pm	Live Music from our resident musician. Lunch available from 3 Beans Cafe.
Continued Overleaf	1-3pm	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 new friends.
	1.00 - 2.30pm	Flow. A sketching group with local artist Ronnie.
	1 st Friday of month 2.00 pm	Ladies Fellowship ecumenical group.
		Contact Debbie or Helen on 0121 582 0767

<p>Young at Heart Programme North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Various days & times</p>	<p>Activities including: Short Mat Bowling Multi Activities inc. a swim Low Impact Exercise Tai Chi Social Badminton Water Mobility</p> <p>Always phone Centre before attending on 0121 770 3822</p>
<p>The Jolly Club Kingshurst District & Labour Club Clopton Crescent Chelmsley Wood B37 6QU</p>	<p>Thursday</p> <p>12.00 - 3.00pm</p>	<p>Singer every week, bingo & refreshments. Bar is open. Day trips & holidays arranged. Just turn up-entrance £2</p> <p>Contact Brian on 07592 550 115</p>

<p>Forget Me Not Memory Café Coleshill Town Hall Old Court Room High Street Coleshill B46 3BG</p>	<p>1st & 3rd Thursday of every month</p> <p>12.00 — 3pm</p>	<p>Entertainment & games for those with memory loss & their carers.</p> <p>Please contact Diane On 01675 464 634</p>
<p>Singing for the Brain Seeds of Hope St Barnabas Community Hall Overgreen Drive Kingshurst B37 6EY</p>	<p>3rd Monday of the month</p> <p>1.00pm - 2.30pm</p>	<p>Singing sessions bringing people affected by dementia & their carers together in a friendly and stimulating activity.</p> <p>Run by the Alzheimer Society.</p> <p>Contact 0121 706 4052 or mail 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</p> <p>Contact 0121 770 3822 for details.</p>
<p>Friday Warming Hub Chelmsley Wood Town Council & Onward Club 107 Helmswood Drive Chelmsley Wood B37</p>	<p>Friday 10.00am -1.00pm</p>	<p>Providing hot drinks, food, activities, games & company for local residents. All funded by the Council.</p>

Sequence Dancing Seeds of Hope St Barnabas Community Hall Over Green Drive Kingshurst Solihull B37 6EY	Friday 11am – 1.00pm <u>Excluding</u> <u>the last</u> <u>Friday of</u> <u>every</u> <u>month</u>	A friendly club offering sequence & line dancing for over 50's. Contact Ann on 0121 770 5140
Seniors Afternoon The Bell Inn 12 Birmingham Road (just off the High St) Coleshill B46 1AA	2 nd Tuesday of the month 4 th 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.

<p>Womens Walks Meet at Meriden Adventure Playground Moorend Avenue B37 5TE</p>	<p>1st Tuesday of the month 1.00pm - 2.00pm</p>	<p>Get out whatever the weather for a walk with drinks afterwards.</p> <p>For more info email: ellen@meridenadventureplayground.com</p>
<p>Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS</p>	<p>Tuesday 12.00noon - 3.00 pm</p>	<p>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 activities@ageuksolihull.org.uk</p>

Section Five – Rural Solihull

Club	Day	Details
Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Weds 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 st & 3 rd Tuesday of the month 2 – 4pm	Tea Party. Join us for afternoon tea & a chat. No charge, donations welcome. Contact Joan Pulley on 01564 205 121

	<p>3rd Friday of the month 12.00 Noon</p>	<p>An optional church service in Room 1 followed by:</p>
	<p>12.30pm</p>	<p>Lunch Club. Join us for a chat & a 2 course meal for a small charge Contact Shirley Atkinson.</p> <p>Contact office on 07553 742448 for more information on any clubs.</p> <p>www.dorridgemethodist.org.uk</p>

<p>Inspire at St Philips St Philips Church Centre Dorridge B93 8NY</p>	<p>1st & 3rd Monday of each month at 7.30pm</p>	<p>All ages welcome to this church based social group. Caring for each others.</p> <p>Contact Kitty Grundy on 01564 773 920</p>
<p>St Phillips & St James Friendship Group St Philips Church Centre Dorridge B93 8NY</p>	<p>2nd Saturday of each month at 2.30pm</p>	<p>Social group with afternoon tea. Regular speakers & good company.</p> <p>Contact 01564 775 652 For more info.</p>

<p>Forever Active St Philips Church Dorridge B93 8NY</p>	<p>Monday 10-11am</p> <p>Weds 11.30 - 12.30</p>	<p>A physio-led strength & balance class for all ages. For more info contact 07738830848 1st class free.</p>
<p>Club 'K' Lady Katherine Leveson The Old Hall Fen End Road West Temple Balsall B93 0AN</p>	<p>Thursday</p> <p>1.00pm — 3.00pm</p>	<p>Run by volunteers for the over 60's. Afternoon tea and biscuits. Opportunity to make new friends. Small friendly group. Contact Lorraine Mullard on 0121 745 9035 or 07709 500 781 Or email stuartmullard@ yahoo.co.uk</p>

Knit & Natter Bentley Heath Community Centre Widney Road Solihull B93 9BN	3 rd Monday of the month 2.00pm - 4.00pm	Bring your own project. Just turn up no charge. Contact Dennise on 07899 914 228
Tai Chi Bentley Heath Community Centre Widney Road Solihull B93 9BN	Monday 10.30 – 11.30am Thursday 10.00 – 11.00am	Contact Jan Wilson on 07808 557 837
EXTEND Bentley Heath Community Centre Widney Road Solihull B93 9BN	Weds 10.45am – 11.45am	Gentle exercise for older people to challenge fitness levels. Can be done seated. Contact Kenenez 07557 686 991

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

<p>Keep Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 11.30am — 12.30pm</p>	<p>Over 50's low impact dance steps from around the world. No partner needed. Contact Faye on 07984 423 534</p>
<p>Line Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 2.00pm — 3.30pm</p>	<p>Contact Mavis on 07714 771 048</p>
<p>Dorridge & District Gardening Club Bentley Heath Community Centre Widney Road Solihull</p>	<p>2nd Thursday of the month at 7.30pm <u>only</u> <u>certain</u> <u>months</u></p>	<p>Contact Alan on 01564 773 128 for more info. or check www.ddgc.org.uk</p>

<p>Solihull RSPB Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Thursday of the month at 7.30pm <u>only</u> <u>certain</u> <u>months</u></p>	<p>Contact Sophie via email on sophie.rspbsolihull @gmail.com</p>
<p>The Cottage Garden Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Saturday of month at 2.30pm <u>Sept –</u> <u>April</u> <u>indoors.</u></p> <p><u>Occasion</u> <u>al trip or</u> <u>plant</u> <u>sale in</u> <u>Summer.</u></p>	<p>Contact Margaret Lane for more info on 01564 783 475</p>

<p>South Devon Railway Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Last Thursday of the month at 8.00pm <u>Sept – April only</u></p>	<p>Contact Roger Inwood on 0121 704 9764</p>
<p>The Hardy Plant Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Saturday of month at 2.30pm <u>only</u> <u>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>1st Saturday of the month</p> <p>10.00am - 12 Noon</p>	<p>All welcome</p>
<p>Jubilee Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Sunday 7.30pm</p>	<p>Bingo and social. Please arrive at 7.00 on your 1st visit to register.</p> <p>Contact Cliff on 07976 236 141</p>

<p>Knowle knitwits The Guildhall (next to Church) High Street Knowle B93 0LN</p>	<p>4th Monday in the month</p> <p>2.00pm - 4.00pm</p>	<p>Knitting or tapestry. Wool, needles & patterns supplied for charity knitting or bring your own but no experience needed. £2 voluntary donation. Chat & coffee. Contact Judy Townesley 01564 774 413 or email judyandmike@btin ternet.com</p>
<p>Big Brew United Reform Church Station road Knowle B93 0HN</p>	<p>Tuesday</p> <p>10.00am - 12.00 Noon</p>	<p>A place to meet for coffee, tea, cake and a chat. No charge just a small donation. Contact Stephanie 01564 775 527</p>

<p>Move It Or Lose It United Reform Church Station road Knowle B93 0HN</p>	<p>Thursday 1.30pm</p>	<p>Fun & friendly seated or standing class to improve balance, confidence, mobility, flexibility, strength & independence. 1st class free of charge.</p> <p>Contact Liz Gavin 07962 035 744</p> <p>or email on Liz.gavin@moveit orloseit.co.uk</p>
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<p>Pickleball Bentley Heath Tennis Courts next to Community Centre Widney Rd Bentley Heath Solihull B93 9BQ</p>	<p>Monday & Weds 1–3pm</p> <p>Friday 7-9pm</p>	<p>Outside sport for all ages, combines elements of tennis, badminton & table tennis. All equipment is provided but trainers or tennis shoes are required.</p> <p>Contact Bob 07890 996 716</p>
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<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Hampton Heath Club</p>	<p>Session times & prices vary dependin g 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. www.solihullactive .co.uk /docspot-exercise- referral</p>
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<p>Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>Various Days</p>	<p>Several clubs & activities to suit older people including: University of 3rd Age Groups. Retired Keep Fit Class. Circle Dancing. Dance class for older people - no partner needed. Please contact Jackie Tomnie for more detail on 01676 533 315 or email enquiries@balsallcommonvillagehall.org.uk Or see website www.balsallcommonvillagehall.org.uk</p>
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<p>Memories Café Balsall Common Village Hall 112 Station Rd Balsall Common CV7 7FF</p>	<p>2nd Wed of each month</p> <p>1.15pm - 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 & Chat Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL</p>	<p>1st Thursday of each month</p> <p>11.00am - 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>

Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS	Various days & times	Over 65's small group exercise including seated mobility, pilates, yoga, mindfulness & meditation and gentle dance aerobics. Please call Rob on 07740 289 350 for more information or email admin@tri wellness.co.uk
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Coffee Morning Eastcote Park Knowle Road Eastcote Solihull B92 0JA	Friday 11am – 12.30pm & Last Weds of the month 2- 3.30pm	Place of Welcome Coffee Morning. Everyone is welcome to enjoy a coffee and meet new people in a safe environment. Please phone 0121 756 3149 or email eastcote.enquiries @cinnamoncc. com
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<p>Music & Memories</p> <p>Eastcote Park</p> <p>Knowle Road</p> <p>Eastcote</p> <p>Solihull</p> <p>B92 0JA</p>	<p>Every other Monday from 2nd of October 2023.</p> <p>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 <u>eastcote.enquiries@cinnamoncc.com</u></p>
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<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 dawn@risehealtha ndfitness.co.uk</p>
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<p>Renew Café The Guild House 1717 High Street Knowle B93 0LN</p>	<p>Wednes day 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 office@kpc.org.uk</p> <p>Website www.kpc.org.uk</p>
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Age UK Solihull Friendship Lunch Club Red Lion Pub 1672 High Street Knowle B93 0LY	Thursday 12.00 noon — 2.30pm	Run by Age UK Solihull staff & volunteers for over 60's. Socialise and enjoy a hot meal. Various activities. Cost £7 (£6 for meal & tea or coffee, £1 for activites) To check or register your place contact Age UK Solihull, Linking People Together Service, Clubs & Activities 0121 704 7811 or 0121 704 7846 or email activities@ ageuk_solihull. org.uk
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<p>Warm Hub Jubilee Centre (behind Costa) 225 Station Road Balsall Common CV7 7FE</p>	<p>1st & 3rd Thursday of every month through the winter months.</p> <p>9.30am — 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: balsallcommon lions.org</p>
<p>Pop Voices Adult Choir Knowle British Legion 1611 Warwick Road Knowle B93 9LU</p>	<p>Thursday 10.30am - 12.00 Noon</p>	<p>A new group Jan 2024 for adults of all ages & abilities. Led by Amy. Contact info@pop- voices.co.uk for more detail.</p>

<p>Rock Choir St George & 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 office@rockchoir. com</p> <p>www.rockchoir. com</p>
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DAY CENTRES

<p>Park View Day Centre Monkspath Hall Road Solihull B91 3LU</p>	<p>Please phone for more details Contact Manager Emma Berry 0121 704 7499</p>	<p>Mixed Ages with Learning & physical Disability or Dementia.</p>
<p>Star & Garter Day Centre (Veterans only) Tudor Coppice Monkspath Hall Road Solihull B91 3DE</p>	<p>Please phone for more details 0121 711 6322 email solihull.enquiries@starandgarter.org Webite Starandgarter.org</p>	<p>Veterans only Meet new people, have wonderful food & entertainment</p>

<p>Colebrook Day Centre 291 Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>Please phone for more details 0121 717 1683</p>	<p>Older people. Social & leisure activities</p>
<p>Shepherdson Court Day Centre 7 Damson Parkway Solihull B91 2PP</p>	<p>Please phone for more details 0121 711 4266 email daycentremana ger@raynerho use. co.uk Website Raynerhouse. co.uk</p>	<p>Daily activities, weekdays for our residents and external visitors to be stimulated socially.</p>

<p>Willow Grange Care Home 119 St Bernards Road Solihull B92 7DH</p>	<p>Please phone for more details 0121 708 0804 email info@willowgrange carehome.co.uk Website willowgrange carehome.co.uk</p>	<p>Social activities for older people</p>
<p>The Blanning Day Centre Winster Ave Dorridge Solihull B93 8ST</p>	<p>Please phone for more details 01564 771 179 email enquiries@family caretrust.co.uk Website familycaretrust. co.uk/our- services/mental health/dementia- day-centre- solihull</p>	<p>Specialist care and support for people with memory & 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 tina@rose cottage.care Website <a href="https://rosecott
age.care">https://rosecott age.care</p>	<p>Person- centred day care for 20 adults with additional needs. We aim to give purpose & satisfaction through horticulture & animal therapy amongst many other activities.</p>
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Shirley Dementia Day Care Service Pheonix House 2 Swallows Meadow Shirley Solihull B90 4PQ	Please phone for more details on 07538 104514 email <u>tlcareshirley@gmail.com</u>	Expert and compassiona te care. Engaging activities. Holistic approach in a safe and secure environment.
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