

# Clubs List



Section One

Solihull

Section Two

Shirley

Section Three

Olton/Elmdon

Section Four

North Solihull

Section Five

Rural Solihull

Section Six

Day Centres

Updated January 2026

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

Age UK Solihull holds the following clubs: The Red Lion Lunch Club in Knowle, The Marston Green Tavern Lunch Club, The Wednesday Afternoon Club at Moseley Cricket Club, The JLR Lunch Club at Land Rover Social Club, The Hobs Moat Club and Welcome Wednesdays at Eastcote Park Care Home. See the following pages for more information about days and times. **Please contact our Clubs and Activities coordinator on 0121 704 7811 before attending as waiting lists apply.**

Solihull Council also has listings of clubs and organisations on their website

<https://digital.solihull.gov.uk/LocalInformation/> or call in to Solihull Connect.

Other clubs that hold events across Solihull include the Women's Institute. You can contact the West Midland Federation of Women's Institute on 0121 313 0634 or see [www.thewi.org.uk/wis-a-z?txt-location-search=solihull](http://www.thewi.org.uk/wis-a-z?txt-location-search=solihull)

to find details of your local club.

Friends in Retirement Solihull organise many activities including bowls, keep-fit, singing, dancing and art. They have groups across the borough and can be contacted on 07535 669018 or email [firs.solihull@yahoo.co.uk](mailto:firs.solihull@yahoo.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 see [www.solihull.u3asite.uk/](http://www.solihull.u3asite.uk/)

Re-Engage (formerly Contact the Elderly Holds monthly social gatherings for people aged 75 and over who are feeling lonely, isolated or in need of companionship. They're a chance to enjoy conversation, laughter, tea and cake with a small group of older guests and friendly volunteers. For further details call 0800 716 543.

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

## Section One – Solihull

Club / Location	Day	Details
St Helens Church St Helens Road Solihull B91 2DA	1 <sup>st</sup> Wednesday of each month 2.00pm	<p><b><u>Cameo Club</u></b></p> <p>Everyone welcome to this group which includes a visiting speaker, friendship &amp; refreshments.</p>
	1 <sup>st</sup> 3 <sup>rd</sup> & 4 <sup>th</sup> Wednesday of each month 12.00pm	<p><b><u>Lunch Club</u></b></p> <p>2 course cooked lunch for £6.50. Booking is essential.</p> <p>Contact Anne Noble  <a href="mailto:anne-noble@hotmail.co.uk">anne-noble@hotmail.co.uk</a> </p>

St Helens Church continued	2 <sup>nd</sup> Wednesday of each month 10.30am	<b><u>Coffee morning</u></b> Contact Anne Noble <a href="mailto:anne-noble@hotmail.co.uk">anne-noble@hotmail.co.uk</a>
Silhill Bridge Club Dovehouse Court Grange Road Solihull B91 1EW	Monday 7.00pm & Wednesday 1.30pm	Players of any ability are welcome and assistance can be provided for those needing some guidance.  Contact John Adams 01564 782 232
Macular Society St Augustines Church Hall Herbert Road Solihull B91 3QE	1 <sup>st</sup> Thursday of each month 2.00pm - 3.30pm	Providing information, support & friendship to those with macular disease, their family and friends.  Contact Chris Jefferson 07732 312542

Solihull Indoor  
Bowls Club  
Brick Kiln Lane  
Off Widney Lane  
Solihull  
B91 3LE

Thursday  
10:30am -  
12:30pm

**Solihull Memory Cafe**  
A relaxed, friendly  
space for people living  
with dementia & their  
carers for tea, coffee,  
cake, gentle activities  
& meet others who  
understand.  
£3 per person, which  
includes refreshments  
and activities. (First  
session is free).

Contact Karen  
Wilkinson  
Unique Senior Care  
07974 263742 or email  
[karen.wilkinson@uniquecare.co.uk](mailto:karen.wilkinson@uniquecare.co.uk)

3<sup>rd</sup> Thursday  
of each  
month  
7.30pm

**Solihull Lions**  
All ages welcome to  
help organise support  
for the community.

<p>Solihull Indoor Bowls Club continued</p>		<p>Contact Steven Walker 07969 696 211 or email <a href="mailto:sjwalker@consultant.com">sjwalker@consultant.com</a></p>
<p>Memory Lane Café The Snooty Pooch 50 Drury Lane Solihull B91 3BH</p>	<p>Tuesday 11.00am - 2.30pm</p>	<p>A friendly, welcoming, social environment for older people, their carers &amp; families. Sessions complete with therapy dogs, trained well-being hosts, interactive activities, &amp; unlimited tea, coffee &amp; cake.</p> <p>£5 per person (Carers go free!). First session is free – booking is advisable.</p> <p>Contact 07858 587 028 or email <a href="mailto:woof@thesnootypooc.h.co.uk">woof@thesnootypooc.h.co.uk</a></p>

The Core  
Theatre Square  
Solihull  
B91 3RG

Monday  
11.00am -  
12.00pm

**Steppin' Out**  
Fun, gentle and friendly dance class for over 50's. No experience necessary.

Monday  
1.30pm -  
2.30pm

**Paracise**  
Low impact, gentle but effective functional exercise ideal for those who find regular fitness classes too demanding, or who haven't exercised for a long time, or who are coming back from injury.

Wednesday  
11.30am -  
12.30pm

**Gentle Chair Based Yoga**  
A gentle form of yoga to promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including

The Core  
continued

people living with  
Parkinson's or  
Dementia

Pre-booking for the  
above classes is  
essential. Contact  
0121 704 6962 or see  
[www.thecoretheatres  
olihull.co.uk/whatson/activities/](http://www.thecoretheatresolihull.co.uk/whatson/activities/)

Memories and  
Music  
Park View Day  
Centre  
Tudor Grange Park  
Monkspath Hall  
Road,  
Solihull  
B91 3LU

Friday  
10.30am -  
11.30am

A friendly singing  
group run by Solihull  
Music for people living  
with dementia and  
their carers to help  
improve mood & well-  
being by bringing back  
old memories &  
feelings.

Email  
[paula.ewer@solihull.gov.uk](mailto:paula.ewer@solihull.gov.uk)

<p><b>Solihull Active Step into Solihull</b></p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle exercise activity programme includes walking, tai chi, yoga, seated exercise, walking sports &amp; more.</p> <p>Contact 0121 704 8207 or see <a href="http://www.solihullonthemove.co.uk">www.solihullonthemove.co.uk</a></p>
<p><b>Solihull Active Doc Spot</b></p> <p>The scheme operates at: Tudor Grange Sports Centre. Hampton Heath Club. North Solihull Sports Centre.</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>If you have a Solihull GP they can refer you for a personalised 12-week activity programme designed for adults with long-term health conditions based at a designated Leisure Centre.</p> <p>Contact 0121 704 8207 or email</p>

Smiths Wood  
Community Gym.

[solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk)

Website:

[www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/](http://www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/)

Solihull Synagogue  
Club  
3 Monastery Drive  
Solihull  
B91 1DW

Thursday  
12.00 pm

3-course meal & entertainment for over 60's as well as activities such as art classes, baking & cookery sessions, gentle exercises and quizzes.

Contact Dinie Pink  
0121 706 8736 or email  
[Office@solihullshul.org](mailto:Office@solihullshul.org)

Oliver Bird Hall  
Solihull  
B91 3RQ

Monday  
1.30pm

**Paracise Exercise Club**  
Gentle on the joints  
yet effective and  
designed to improve  
posture, balance,  
mobility and flexibility  
whilst improving  
muscle memory.  
For men & women  
with seated and  
standing options  
available so you can  
work at your own  
level.

Contact Dawn  
07532 160 610 or  
email  
[dawn@risehealthandfitness.co.uk](mailto:dawn@risehealthandfitness.co.uk)

Thursday  
10.00am -  
12.00pm

**Solihull Stroke Group**  
For anyone affected by  
stroke.

Oliver Bird Hall continued	<u>By prior arrangement with Marian only</u>	Contact Marian Disbery 01676 534 944 or email <a href="mailto:solihullstrokesurvivors1@outlook.com">solihullstrokesurvivors1@outlook.com</a> before attending.
Rock Choir Solihull Preparatory School Brueton Avenue Solihull B91 3EN	Monday 7.15pm - 8.45pm  Term time only	No auditions or musical knowledge needed. It's all about fun, community, friendship & life- changing experiences.   Contact 01252 714 276 Mon-Fri 9.00 -5.00 Email: <a href="mailto:office@rockchoir.com">office@rockchoir.com</a> Website: <a href="http://www.rockchoir.com">www.rockchoir.com</a>

<p>Men Walking and Talking In front of the gates to Malvern and Brueton Park New Rd B91 3DP</p>	<p>Tuesday &amp; Thursday 7.00pm - 8.00pm</p>	<p>Giving men a safe space to open up about their mental health and support each other. Free and no need to book.  Just turn up at the meeting point from 6.45pm.</p>
<p>Striving Stars Drawing &amp; Talking Therapy Various locations.</p>	<p>Various days &amp; times available.</p>	<p>For those living with dementia, their carers &amp; families to discover &amp; communicate emotions through drawing. Contact Emma 07958 559 138 or email <a href="mailto:strivingstars17@gmail.com">strivingstars17@gmail.com</a></p>

<p>Mill Pool Scout Hut 303 Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30pm - 2.30pm</p>	<p>Low impact aerobic &amp; muscle strengthening exercise for those with arthritis and back pain.</p> <p>Contact Nora before attending on 07707 931 439 or email <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a></p> <p><b><u>Move it or Lose it</u></b></p> <p>Classes are designed specifically for older people and feature dance, flexibility, strength and balance and can be done seated or standing.</p> <p>1<sup>st</sup> class free!</p> <p>Contact Rachael Beer 07710 070813 or email <a href="mailto:rachael.beer@moveitloseit.co.uk">rachael.beer@moveitloseit.co.uk</a></p>
---	--	---

Mill Pool Scout Hut Continued	1st & 3rd Saturday of each month 10:30am - 12:30pm	<p><b><u>Chai and Chat</u></b> <b><u>Community</u></b></p> <p>Community activities mainly for South Asian adults over 50 but are a fully inclusive and diverse group that welcomes everyone.</p> <p>Contact 07980 744 719</p>
Wellbeing Wednesdays Greville Arms Cornyx Lane Solihull B91 2RB	Wednesday 10.00am - 12.00pm	<p>For anyone who might be lonely and want to get out of the house to meet new people, make new friends, or go for walks &amp; meals.</p> <p>Contact Minister Suzette Maguire 0121 709 0884 or 07464 471 333 before attending.</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          1.00pm - 2.30pm</p>	<p>Friendly social events providing a great opportunity to meet people in your local area.</p> <p>Contact Liz          0121 707 5626 or email  <a href="mailto:birmingham@oddfellows.co.uk"><u>birmingham@oddfellows.co.uk</u></a></p>
<p>RNIB Solihull Coffee Morning          Core Library          Homer Road          Solihull          B91 3RG</p>	<p>3<sup>rd</sup> Monday of each month          10.30am - 12.00pm</p>	<p>Great opportunity to meet &amp; socialise with other people with sight loss, share experiences, hear from monthly guest speakers. Free to attend. £2 for hot drinks. Booking required.</p> <p>Contact  <a href="mailto:sarah.winch@rnib.org.uk"><u>sarah.winch@rnib.org.uk</u></a></p>

United Reform  
Church  
The Meeting Place  
741 Warwick Road  
Solihull  
B91 3DG

Monday  
10.00am -  
12.00pm

**Moments**  
Support &  
encouragement for  
those with dementia in  
a relaxed atmosphere  
with respite & advice  
for carers.

Contact Elaine on  
07707 621 701 or  
email  
[solihullurc@gmail.com](mailto:solihullurc@gmail.com)

Tuesday  
1.30pm -  
3.30pm

**Dance to Health**  
Classes for the over  
50's are proven to  
reduce the number  
and severity of falls  
experienced by people  
who complete the  
programme.

Contact 07470 799  
540 or email  
[solihull@dancetohealth.org](mailto:solihull@dancetohealth.org)

Family Renewal  
Centre  
Vulcan Road  
Solihull  
B91 2JY

Monday  
1.00pm -  
2.00pm

**Balance, Strength & Mobility Class**

Falls Prevention Class to improve balance, get stronger, fitter & make new friends.

Contact Sharon Greenway 07891 446 364 before attending.

Thursday  
1.00pm -  
2.00pm

**Gradual Movability Balance, Strength and Mobility Class**

Falls Prevention Class to improve & maintain muscle strength, balance and stability. Gradually increase mobility & physical functions with physiotherapy-based exercise.

Family Renewal  
continued

Contact Nora before  
attending  
07707 931 439 or  
email  
[nora@envolvewell.co.uk](mailto:nora@envolvewell.co.uk)

Family Center (rear  
of Solihull Renewal  
Church)

2<sup>nd</sup> Friday  
of each  
month  
10.00am

**Memory Café**  
Support for those with  
dementia and their  
carers. This group  
creates a sense of  
belonging, love &  
togetherness. Respite  
& refreshments at a  
small charge.

Contact 0121 711  
7300 or email  
[hello@renewalcc.com](mailto:hello@renewalcc.com)

Solihull Methodist  
Church  
Blossomfield Road  
Solihull  
B91 1LG

Monday  
10.00am -  
12.00pm  
(term time  
only)

### **Shall We Talk?**

New to the UK? Come  
& find out more about  
the British way of life,  
its customs and  
peculiarities.

Tuesday  
10.30am

### **Men's Coffee Club**

An informal and  
friendly gathering for  
men in the Church  
Hall, putting the world  
to rights by discussing  
topical issues.

Wednesday  
10.00am -  
11.00am  
&  
11.00am -  
12.00pm

### **Gentle Exercise Club**

Especially designed for  
those with  
osteoporosis and  
arthritis or anyone  
wishing to maintain a  
healthy lifestyle.

<p>Solihull Methodist Church continued</p>	<p>Friday 10.00am - 12.00pm</p> <p>4<sup>th</sup> Wednesday of each month 11.00am - 1.00pm</p> <p>(Except Dec)</p>	<p><b><u>Classic Cantonese Group</u></b> Weekly elderly social group for those retired &amp; looking to meet new friends. Activities include Tai Chi, mahjong &amp; table tennis.</p> <p>Contact 0121 705 7367 or email <a href="mailto:office@solihull-methodist.org.uk">office@solihull-methodist.org.uk</a> for the clubs above.</p> <p><b><u>Solihull Pensioners Association</u></b> Promoting the welfare of older people in Solihull &amp; with activities &amp; talks on subjects of interest.</p> <p>Contact Alan Thomas 0121 705 3342</p>
--	--	--

Solihull Methodist  
Church  
continued

3<sup>rd</sup> Thursday  
of each  
month

10.30am -  
12.00pm

**Singing For the Brain**  
Run by the Alzheimer's  
Society  
bringing people  
affected by dementia  
& their carers together  
with a friendly and  
stimulating activity.

Contact 0121 706  
4052 or email  
[birminghamandsolihull@alzheimers.org.uk](mailto:birminghamandsolihull@alzheimers.org.uk)

2<sup>nd</sup> & 4<sup>th</sup>  
Friday  
of each  
month  
10.30am

**Friendship Café**  
Coffee, smiles, cake &  
chat. All welcome.  
Donations  
appreciated.

Contact Diane Webb  
0121 705 7367 or  
07478 001 759

<p>RNIB Solihull Social Get Together The Flute and Flagon 28-30 Station Road Solihull B91 3SB</p>	<p>4<sup>th</sup> Tuesday of each month 6.00pm - 7.30pm</p>	<p>Monthly social for working age visually impaired people in Solihull &amp; surrounding area for a drink and/or bite to eat in a relaxed informal setting.</p> <p>Booking required. Contact <a href="mailto:sarah.winch@rnib.org.uk"><u>sarah.winch@rnib.org.uk</u></a></p>
<p>Golden Moments Café Blossomfield Rose Care Home Blossomfield Road Solihull B91 1FN</p>	<p>Last Thursday of each month 10.30am- 12.30pm</p>	<p>A welcoming group where older adults, their carers and loved ones can meet others, chat and join in fun relaxing activities.</p> <p>Free to attend no need to book.</p> <p>Contact 0121 803 6787 for more info.</p>

Tudor Grange  
Leisure Centre  
Blossomfield Road  
B91 1NB

**Swimming**  
**Pool**  
Monday - Friday:  
9.00am - 3.00pm  
(Not during school holidays)

**Gym**  
Monday - Sunday:  
9.00am - 5.00pm  
(Not during school holidays)

Monday & Wednesday  
10.30am - 12.30pm

**Over 75s Work Out for FREE in Solihull**

Solihull Council & Everyone Active are offering over 75s FREE membership to access the swimming pool, gym and fitness classes during off-peak times.

Visit reception and present your ID as proof of eligibility to activate your FREE membership!  
Contact 0121 705 6371 for info.

**Solihull Wheels for All**

A charity providing inclusive cycling for all including enabling people with a disability or restricted mobility

Tudor Grange  
continued

Sessions run  
all year round  
including  
through the  
winter

to experience the thrill  
and fun of wheeled  
recreation.

No booking necessary,  
new attendees  
welcome.

See Facebook page for  
up-to-date info.

[https://www.facebook  
.com/Solihull-Wheels-  
for-All-  
2395952393959855](https://www.facebook.com/Solihull-Wheels-for-All-2395952393959855)

For private group  
sessions and general  
enquiries email

[Solihullwfaenquiries@gmail.com](mailto:Solihullwfaenquiries@gmail.com)

Walking Football Solihull Football Centre Brick Kiln Lane Solihull B91 3LE	Various days and times	Senior walking football sessions run by qualified coaches. Great place to meet new people and improve your fitness & wellbeing. All sessions are booked online & then pay & 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.co m/mpsports</a>

Big Knit Drop-In  
Group  
Activities room  
Age UK Solihull  
The Core  
Lower Ground  
Floor  
Homer Road  
Solihull  
B91 3RG

Thursday  
1.00pm -  
3.00pm

Support Age UK  
Solihull by knitting or  
crocheting mini woolly  
hats for their Big Knit  
campaign. Each hat  
you make will raise  
30p to help older  
people in Solihull.  
Bring your own  
needles, and we will  
provide wool, hot  
drinks &  
knitting/crochet  
patterns for a range of  
abilities.  
Free and no need to  
book - just come along  
alone or with friends!  
  
Contact 0121 704  
7842 for more info.

RNIB Solihull Coffee Morning Core Library Homer Road Solihull B91 3RG	3 <sup>rd</sup> Monday of each month 10.30am - 12.00pm	Great opportunity to meet & socialise with other people with sight loss, share experiences, hear from monthly guest speakers. Free to attend. £2 for hot drinks. Booking required. Contact <a href="mailto:sarah.winch@rnib.org.uk"><u>sarah.winch@rnib.org.uk</u></a>
--	--	---

## Section Two – Shirley

Club / Location	Day	Details
Shirley Baptist Church 144 Stratford Road Shirley B90 3BD	Tuesday 1.00pm - 3.00pm	<b><u>Place of Welcome</u></b> Any age welcome to share hobbies, local knowledge & friendship while enjoying free refreshments. Drop in any time, for as long or as little as you like.  Contact the church office 0121 733 8089.
	1 <sup>st</sup> Saturday of each month 9.00am	<b><u>Men's Breakfast</u></b> The Kairos coffee shop (behind the church) invites men to enjoy an hour together chewing over a topical issue whilst enjoying bacon or sausage bap and a hot drink.

<p>Age UK Solihull  Wednesday  Afternoon Club  Moseley Cricket  Club  Streetsbrook Rd  Shirley  B90 3PE</p>	<p>Wednesday  1.00pm -  3.00pm</p>	<p>Lunch club for over  65's run by Age UK  Solihull volunteers.    £3.00 – tea, cake,  activities and  wonderful company!    Volunteer  transport possibly  available for additional  cost (waiting list  applies).    Apply for a place by  contacting Age  UK Solihull, Clubs &amp;  Activities before  attending.    0121 704 7811 or  email  <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p>
---	--	--

Royal British Legion Parkgate Shirley B90 3BQ	1 <sup>st</sup> Thursday of each month 10.30am - 12.30pm	<b><u>Teacups &amp; Handshakes</u></b> Pop in for a cuppa, a cake & a chat. Open to everyone, no need to book.
	Thursday 2.00pm - 3.30pm	<b><u>Bingo</u></b> Cash prizes & a raffle.
	Wednesday 10.00am - 12.00pm	<b><u>Gardening Club</u></b> Get together with fellow gardeners. Tea & coffee available.
Solihull Village Victoria Crescent Shirley B90 2FH  Free parking at rear	Monday 11.00am - 11.45am	<b><u>Paracise Exercise Club</u></b> Gentle on the joints yet effective and designed to improve posture, balance, mobility and flexibility whilst improving muscle memory.

## Solihull Village continued

For men & women with seated and standing options available so you can work at your own level.

Contact Dawn 07532 160 610 or email [dawn@risehealthandfitness.co.uk](mailto:dawn@risehealthandfitness.co.uk)

2<sup>nd</sup> & 4<sup>th</sup>  
Thursday  
each month  
10.30am -  
12.30pm

**Parkinson's Café**  
A relaxed environment to meet other members and be part of a community that is with you on your Parkinson's journey.

Contact 07377 987 018 or email [enquiries@solihullparkinsons.org.uk](mailto:enquiries@solihullparkinsons.org.uk)

LAYCA Community  
Centre  
Stretton Road  
Shirley  
B90 2RL

Tuesday  
1.30pm -  
2.30pm

**Keep Dancing**  
Suitable for older adults. Whether you have danced before or you're a complete beginner you'll learn dances from around the world with no need for a partner.

Booking is essential via  
[www.xpress-  
yourself.co.uk/dance-  
classes/](http://www.xpress-yourself.co.uk/dance-classes/)

Contact Faye  
07984 423 534

Wednesday  
12.30pm -  
2.30pm

**BINGO**

Full & Half Books are available to purchase. Small entrance fee with tea, coffee & biscuits provided.

Friday  
7.00pm -  
9.30pm

Contact 0121 744 1445

<p>Widows United Shirley Institute Church Road Shirley B90 2AX</p>	<p>1<sup>st</sup> Wednesday of each month 1.30pm - 3.30pm</p>	<p>Friendly club for widows. Come along &amp; enjoy quizzes, speakers, social afternoons, coach trips.</p> <p>Contact Margaret Morton 0121 474 6360.</p>
<p>Got 2 Sing Choir Light Hall School Hathaway Road Shirley B90 2PZ</p>	<p>Thursday 7.30pm - 9.00pm</p>	<p>Local adult choir which is open to everyone. You will be made to feel very welcome and meet like-minded, spirited, fabulous people.</p> <p>Contact Freephone 0333 014 6164 or see <a href="http://www.got2sing.co.uk/choirs/solihull-choir">www.got2sing.co.uk/choirs/solihull-choir</a></p>

<p><b>Solihull Active Step into Solihull</b></p>	<p>Various days and venues across the borough of Solihull</p>	<p>Gentle exercise activity programme includes walking, tai chi, yoga, seated exercise, walking sports &amp; more.</p> <p>Contact 0121 704 8207 or see <a href="http://www.solihullonthemove.co.uk">www.solihullonthemove.co.uk</a></p>
<p><b>Solihull Active Doc Spot</b></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>If you have a Solihull GP they can refer you for a personalised 12-week activity programme designed for adults with long-term health conditions based at a designated Leisure Centre.</p> <p>Contact 0121 704 8207 or email <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a></p>

for more info.

Website:

[www.solihullonthemo  
ve.co.uk/get-support-  
to-be-active/people-  
with-long-term-health-  
conditions/docspot-  
exercise-referral/](http://www.solihullonthemo ve.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/)

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

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

Gentle exercise, fun &  
friendship.  
No previous  
experience required.  
Bowls & tuition  
provided.  
1<sup>st</sup> 3 sessions free.  
  
Contact Rob  
07927 990 215 or  
email  
[bowls@shirleymethodi  
st.org.uk](mailto:bowls@shirleymethodi st.org.uk)

<p>Blossomfield Grange Care Home 1 Worcester Way Off Dog Kennel Lane Shirley B90 4JX</p>	<p>1<sup>st</sup> Monday of each month  10.30am - 12.00pm (Excluding Bank Holidays)</p>	<p><b><u>Dementia Café</u></b> Event aimed at those living with dementia and their loved ones. Opportunity to meet and share experiences, take part in fun activities, get advice &amp; support.</p>
	<p>Last Monday of each month  11.00am - 12.00pm (Excluding Bank Holidays)</p>	<p><b><u>Friendship Café</u></b> Meet like-minded people for a chat over a complimentary hot drink and freshly baked treats.</p> <p><b><u>Booking essential for both groups.</u></b> Contact Jo 0121 701 2700</p>

<p>Fountains Care Home 1355 Stratford Road Shirley B90 4EF</p>	<p>Last Wednesday of each month 10.30am - 11.30am</p> <p>Friday From 12.30pm</p> <p>Last Sunday of each month 1.30pm</p>	<p><b><u>Reminisce Café</u></b> All welcome to make new friends, have fun, share memories and enjoy the company of others alongside a sing-song and activities to enjoy.</p> <p><b><u>Don't Dine Alone.</u></b> Company and a nutritious meal for local older people.</p> <p><b><u>Pudding Club</u></b> Opportunity to meet new people &amp; enjoy delicious treats.</p> <p>Contact 0121 733 8602 before attending any of the above groups.</p>
--	--	---

<p>Walking Netball &amp; Football  Beechcroft Multi-Sports Community Club  Beechcroft Avenue  Hall Green  Birmingham  B28 9ER</p>	<p>Various Days</p>	<p>For anyone who wants to improve their fitness without putting too much strain on their body.  Experienced coaches are available to help players of all levels.</p> <p><b><u>Booking essential and newcomers are advised to ring before booking,</u></b></p> <p>Contact  0121 796 1330</p>
<p>50's World  The Shirley Club  135 Marshall Lake Road  Shirley  B90 4RB</p>	<p>Monday  10.30am</p>	<p>Coffee, cake, and great conversation.</p> <p>Contact Sue  01564 829 830.</p>

<p>Move it or Lose it  Solihull Lodge  Community Centre  Grafton Road  Solihull Lodge  B90 1NJ</p>	<p>Tuesday  10.30am –  11.30am</p> <p>Friday  1.00pm -  2.00pm</p>	<p>Move it or Lose it  strength and  balance circuit class.</p> <p>Contact Liz Gavin  07962 035 744 or  email  <a href="mailto:liz.gavin@moveitorlos-eit.co.uk">liz.gavin@moveitorlos-eit.co.uk</a></p> <p>Fun &amp; friendly seated  or standing class to  improve balance,  strength, confidence,  mobility, flexibility &amp;  independence.  1st class free for new  starters.</p> <p>Contact Liz Gavin  07962 035 744 or  email  <a href="mailto:liz.gavin@moveitorlos-eit.co.uk">liz.gavin@moveitorlos-eit.co.uk</a></p>
--	--	--

The Bridge  
234 Stratford Road  
Shirley  
B90 3AG

Tuesday  
2.00pm -  
4.00pm

**Tuesday Club**  
Fun, friendship, games  
& refreshments for  
seniors.

Wednesday  
12.00pm -  
1.00pm

**Community Lunch**  
Free cooked 2 course  
meal, followed by hot  
drinks from 1.00pm -  
2.00pm

Contact 0121 744  
9235 or email  
[enquiries@thebridgeshirley.com](mailto:enquiries@thebridgeshirley.com)

<p>The Shirley Centre 274 Stratford Road Shirley B90 3AD</p>	<p>Thursday 10.15am</p>	<p><b><u>Paracise Exercise Club</u></b> Standing or seated low impact exercise to music which can be adapted to suit your needs.</p> <p>Contact Dawn 07532 160 610 or email <a href="mailto:dawn@risehealthandfitness.co.uk">dawn@risehealthandfitness.co.uk</a></p>
<p>Esquires Coffee 460-462 Stratford Road Shirley B90 4AQ</p>	<p>Monthly on Friday 9.30-10.30am</p> <p>6th February, 6th March, 10th April, 8th May, 5th June</p>	<p><b><u>Sip &amp; Share - The Menopause Meetup</u></b> A space to connect, vent, learn, laugh and feel supported through all stages of menopause. 20% off all drinks for attendees!</p> <p><a href="https://esquirescoffee.co.uk/store/esquires-solihull">https://esquirescoffee.co.uk/store/esquires-solihull</a></p>

### Section Three – Olton/Elmdon

Club / Location	Day	Details
Age UK Solihull Club JLR The Sportsground, 6 Billsmore Green, Solihull B92 9LN (off Rowood Drive)	1 <sup>st</sup> Tuesday of each month 12.00pm - 3.00pm	A lunch club for over 65's run by Age UK Solihull staff & volunteers.  A meal, hot drinks, activities and occasional live singers.  Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk"><u>activities@ageuksolihull.org.uk</u></a>

<p>Age UK Solihull Hobs Meadow Lunch Club Hobs Meadow Pub Ulleries Road Solihull B92 8ED</p>	<p>Thursday 12.00pm - 3.00pm  (excluding 1<sup>st</sup> Thursday of each month)</p>	<p>Lunch club for over 65's run by Age UK Solihull staff &amp; volunteers.  A 2-course meal, hot drinks and entertainment.  Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities before attending.  0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk"><u>activities@ageuksolihull.org.uk</u></a></p>
--	---	---

<p>Wednesday Social Club Yardley Ex-Servicemen's Club 328 Yardley Rd Birmingham B25 8LT (On A45 at Swan Island)</p>	<p>Wednesday 12.00pm - 3.00pm</p>	<p>Singer and Bingo. Everyone welcome including non-members. Contact Pat for more info on 0121 706 0202 before 11am or leave a message &amp; she will return your call.</p>
<p>Move it or Lose It Exercise Class St Margaret's Church Hall St Margaret's Road Olton B92 7JS</p>	<p>Thursday 10.00am - 11.00am</p>	<p>Gentle exercise class for over 60's designed to improve strength, balance, and flexibility.  Women only class. 1<sup>st</sup> class free.  To book a place contact Manisha 07999 388 657 or email <a href="mailto:mpatel@moveitorloseit.co.uk">mpatel@moveitorloseit.co.uk</a></p>

<p><b>Solihull Active Step into Solihull</b></p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle exercise activity programme includes walking, tai chi, yoga, seated exercise, walking sports &amp; more.</p> <p>Contact 0121 704 8207 or see <a href="http://www.solihullonthemove.co.uk">www.solihullonthemove.co.uk</a></p>
<p><b>Solihull Active Doc Spot</b></p> <p>The scheme operates at: Tudor Grange Sports Centre. Hampton Heath Club. North Solihull Sports Centre.</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>If you have a Solihull GP they can refer you for a personalised 12-week activity programme designed for adults with long term health conditions based at a designated Leisure Centre.</p> <p>Contact 0121 704 8207 or email</p>

Smiths Wood  
Community Gym.

[solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk)  
for more info.

Website:  
[www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/](http://www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/)

Solihull Stroke  
Club  
Olton Friary  
St Bernards Road  
Olton  
Solihull  
B92 7BL

Wednesday  
9.00am -  
1.30pm  
(Excluding  
Bank Holiday  
weeks)

Everyone affected by  
stroke is welcome to  
play games, do some  
exercises, occasionally  
listen to a speaker,  
play bingo, weekly  
quizzes, sing-a-longs.  
Coffee/tea and biscuits  
on arrival and a 2-  
course meal at  
lunchtime.

Contact Pamela  
0121 744 3265.

<p>Solihull Society for Physically Handicapped Langley Hall Social Club 40 Langley Rd Olton Solihull B92 7HE</p>	<p>Last Wednesday of each month 6.45pm - 9.00pm</p>	<p>Live entertainment, light refreshments, raffle etc. Taxi fees paid. Contact Nikki before attending 07875 540 897.</p>
<p>Whist Club Josiah Mason Trust Mason Court Hillborough Road Olton B27 6PF</p>	<p>Tuesday 1.30pm - 4.00pm</p>	<p>£2.50 per person. Break for tea &amp; biscuits halfway through. No need to book, just turn up.  Contact Ray 0121 743 7813.</p>
<p>Lunch Service Kingsford Court 125 Ulleries Road Olton B92 8DT</p>	<p>Monday to Friday &amp; Sunday</p>	<p>2 or 3 course meals available  Contact Sarah 07483 110 768.</p>

The Tea Chest  
Café,  
242 Lyndon Road,  
Solihull  
B92 7QW

1<sup>st</sup> & 3<sup>rd</sup>  
Monday  
of each  
month  
10.30am -  
12.30pm

**Inbetweenies**  
**Bereavement Café**  
Supporting those  
feeling sad or isolated  
following the loss of a  
loved one. A relaxed,  
safe environment to  
talk with others who  
are going through  
similar circumstances.

Contact Tracey  
07816 529 397 or  
email  
[traceyjayne@lastingmomentscelebrancy.co.uk](mailto:traceyjayne@lastingmomentscelebrancy.co.uk)

1<sup>st</sup> Tuesday  
of each  
month  
11.00am -  
1.00pm

**Age UK Solihull Social**  
**Café**  
Monthly get together  
for people who want  
to get out and enjoy  
some company.

Tea chest continued		No need to book – just turn up. Food & drink available to buy.
Prance Grange Court 298 Warwick Road Solihull B92 7GL	Monday 11.00am	<p>A chair-supported movement and dance class for older adults with health issues affecting mobility, balance and confidence.</p> <p>Booking Essential. £10 PAYG, discount block booking</p> <p>Contact Nora 07707 931 439 <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a> before attending.</p>

<p>Move it or Lose it Lyndon Methodist Church (Sports Hall) Melton Avenue Solihull B92 7QX</p>	<p>Monday 11.30am - 12.30pm</p>	<p>Fun &amp; friendly seated or standing class to improve balance, confidence, mobility, flexibility, strength &amp; independence. 1st class free for new starters.</p> <p>Contact Liz Gavin 07962 035 744 or email <a href="mailto:liz.gavin@moveitorlos-eit.co.uk"><u><b>liz.gavin@moveitorlos-eit.co.uk</b></u></a></p>
--	---	--

## Section Four – North Solihull

Club / Location	Day	Details
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Tuesday 10.30am - 12.00pm	<b><u>Chair exercise</u></b> Can help improve health, fitness & overall well-being without putting too much stress on joints & muscles with hot drinks and a natter after the class.  Contact Maggie 07968 505 767.
	1.15pm - 4.15pm	Friends in Retirement Sequence Dancing for over 50's.  Contact John 07913 890 847.

Arden Hall continued	<p>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month 1.30pm - 3.30pm (except Aug)</p> <p>1<sup>st</sup> &amp; 3<sup>rd</sup> Friday of each month 12:00pm - 3:00pm</p>	<p>Castle Bromwich W.I.</p> <p>Contact Marion 0121 242 6922 or Pat 0121 684 1205</p> <p><b><u>Friday Meet Up</u></b> Run by former Age Concern Castle Bromwich volunteers for over 65's in the Windsor Room. Sandwich, cake, cuppa, raffle, bingo and great company. Cost £3 per session.</p> <p>Contact 07812 603 122 or email <a href="mailto:grahamwooldridge@yahoo.co.uk">grahamwooldridge@yahoo.co.uk</a></p>
-------------------------	--	--

<p>Push On Wellbeing's Community Project  14 Maple Walk  Chelmsley Wood  B37 5TS</p> <p>Off the Street Retreat Lily's Tea Parlour  Chelmsley Wood Shopping Centre</p>	<p>Monday  3.00pm – 4.00pm</p> <p>4.00pm – 5.00pm</p> <p>Wednesday  11.00am – 12.00pm</p> <p>Thursday  11.30am – 12.30pm</p>	<p>Over 50's Art &amp; Crafts</p> <p>Positive Action 4 Mental Wellbeing</p> <p>Knit &amp; natter</p> <p>Ukrainian Family Club</p> <p>Free massages. Ideal for those in pain waiting for NHS treatment.  Wellbeing Retreat massages.</p> <p>Phone 07541 395 656 for more details on all POW's activities.</p>
---	--	--

<p>You are not alone  Chelmunds Court  Café  2 Pomeroy Way  Chelmsley Wood  B37 7WB</p>	<p>Ring for  dates and  times</p>	<p>Support, advice &amp;  companionship for  those with a loved one  living with dementia.  Small fee for  refreshments.  No need to book.</p> <p>Contact Adele  0121 770 4254</p>
<p>Moorfield  Community Centre  Hartshill Road  Birmingham  B34 6QX</p>	<p>Tuesday  4.00pm -  6.30pm</p> <p>Friday  12.00pm -  1.30pm</p>	<p>Social group with  refreshments,  activities, board  games, karaoke or  bingo. Fish &amp; chip  lunch with a hot drink  &amp; pudding.</p> <p>Contact  0121 362 3650</p>

St Andrews Church  
2 Craig Croft  
Chelmsley Wood  
B37 7TR

Monday  
6.00pm -  
7.30pm

**Wellbeing Community  
Choir**

Free to join but a  
donation of £4 per  
session is welcome if  
you can afford it.

Contact Keely  
07841 924 289  
or email

[thewellbeingchoir@o  
utlook.com](mailto:thewellbeingchoir@outlook.com)

Or turn up & ask for  
Martin Trotman.

1st & 3rd  
Friday  
of each  
month  
10.30am

**Grub Hub**

Relaxed gathering for  
those who want to  
connect with friends  
over a coffee or light  
meal with activities.

All are welcome to  
keep warm, meet new  
friends and get fed all  
at the same time.

Just turn up.

<p>Age UK Solihull  Marston Green  Tavern Lunch Club  Station Road  Marston Green  B37 7AS</p>	<p>Tuesday  12.00pm -  3.00pm</p>	<p>Lunch club for over 65's run by Age UK Solihull staff &amp; volunteers.  A hot meal, activities and entertainment.  Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities before attending.  0121 704 7811 or email  <a href="mailto:activities@ageuksolihull.org.uk"><u>activities@ageuksolihull.org.uk</u></a></p>
<p>Forget Me Not  Memory Café  Coleshill Town Hall  Old Court Room  High Street  Coleshill  B46 3BG</p>	<p>3<sup>rd</sup> Thursday  of each  month  12.00pm -  3.00pm</p>	<p>Entertainment and games for those with memory loss and their carers.  Tea, coffee &amp; cakes  Contact  01675 464 634</p>

<p>The Jolly Club  Kingshurst &amp;  District Labour  Club  Clopton Crescent  Chelmsley Wood  B37 6QU</p>	<p>Thursday  12.00pm -  3.00pm</p>	<p>For over 50's.  Singers, bingo, raffle  plus lots of fun and  dancing!    Contact Brian  07592 550 115</p>
<p>Life Ascending  Group  St John and St  Anthony  Oakthorpe Drive  Kingshurst  B37 6HY</p>	<p>Thursday  1.30 -  3.00pm</p>	<p>For Christians over 50.  Bible study and  friendship.    Contact Barbara  0121 681 4248</p>
<p>Tea Dance  St Anne's Church  Parish Centre  281A Bosworth  Drive  Chelmsley Wood  B37 5DP</p>	<p>Last  Wednesday  of each  month  1.00pm -  3.00pm</p>	<p>Bingo &amp; raffle.    Contact  0121 770 3283 before  attending.</p>

<p><b>Solihull Active Step into Solihull</b></p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle exercise activity programme includes walking, tai chi, yoga, seated exercise, walking sports &amp; more.</p> <p>Contact 0121 704 8207 or see <a href="http://www.solihullonthemove.co.uk">www.solihullonthemove.co.uk</a></p>
<p><b>Solihull Active Doc Spot</b></p> <p>The scheme operates at:</p> <p>Tudor Grange Sports Centre.</p> <p>Hampton Heath Club.</p> <p>North Solihull Sports Centre.</p> <p>Smiths Wood Community Gym.</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>If you have a Solihull GP they can refer you for a personalised 12-week activity programme designed for adults with long-term health conditions based at a designated Leisure Centre.</p> <p>Contact 0121 704 8207 or email <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a></p>

## Solihull Active continued

Website:  
[www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/](http://www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/)

Seniors Afternoon  
The Bell Inn  
12 Birmingham  
Road  
(just off High St)  
Coleshill  
B46 1AA

2<sup>nd</sup> & 4<sup>th</sup>  
Tuesday  
of each  
month  
1.00pm -  
4.00pm

2 course meal, bingo,  
local singers or DJ's  
  
Contact Kelly  
01675 463 310

Keep Fit  
Fordbridge Centre  
Nineacres Drive  
Fordbridge  
B37 5DD

Thursday  
1.30pm -  
3.30pm

Gentle joint exercise,  
some line dancing  
followed by a cuppa  
and a chat. Waiting  
list in operation.

Contact Sheila  
0121 770 2432

St Clements  
Church  
Green Lane  
Corner of  
Clevedon Avenue  
Castle Bromwich  
B36 0BA

Every other  
Tuesday  
2.00pm

### **Crafternoon Group**

Bring your favourite  
craft to enjoy with  
others or just come  
for a chat and  
refreshments.  
Contact 0121 748  
5550.

2<sup>nd</sup> & 4<sup>th</sup>  
Thursday  
of each  
month  
1.00pm -  
2.30pm

### **Forget Me Not**

### **Memory Cafe**

Offering support for  
carers and those with  
memory loss.  
Cakes, biscuits, drinks,  
puzzles, games,  
entertainment, music,  
laughter, chat.

Contact Alison  
07958 653 924

Chelmsley Wood  
Library  
Chelmsley Wood  
Shopping Centre  
B37 5TN

Tuesday  
2.00pm -  
4.00pm

**Knit and Natter**  
Share skills and  
knitting patterns or  
brush up on your  
crochet over a cup of  
tea & a friendly chat!

Thursday  
10.30 am -  
12.30pm

**Art & Crafts**  
**Workshop for adults**  
Free arts and craft  
workshop to help you  
relax and have fun.

Contact 0121 788  
4380 or email  
[libraries@solihull.gov.uk](mailto:libraries@solihull.gov.uk)

<p>Three Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP</p>	<p>Monday 10.45am - 12.30pm (Fortnightly)</p> <p>1.30pm - 2.30pm (Fortnightly)</p> <p>Tuesday 6.30pm - 7.30pm</p> <p>7.30pm - 9.45pm</p> <p>Wednesday 1.00pm - 3.00pm</p>	<p><b><u>Pop In – Drop In</u></b> Social club &amp; support group with Independent Advocacy.</p> <p><b><u>The Listening Project</u></b> Experiment, analyse and enjoy music.</p> <p><b><u>Northern Star</u></b> <b><u>Ukulele Band</u></b> Beginners &amp; experts welcome.</p> <p><b><u>North Solihull Singers</u></b> Community choir singing all kinds of songs.</p> <p><b><u>St!Art Art Group</u></b> Art group for adults.</p>
--	---	---

Three Trees  
continued

1.30pm -  
3.30pm

**Live Music**

Music from the  
resident musician.

7.00pm –  
8.30pm

**Circle**

A men's group to  
meet, chat, solve the  
world's problems  
& go home.

Thursday  
10.30am -  
12.00pm

**Come Out Come In**

A social support group  
with coffee, chat &  
new friends.

1<sup>st</sup> Friday  
of each  
month  
2.00 pm -  
4.00pm

**Ladies Fellowship**

Ecumenical group.

Contact 0121 582  
0767 for more info on  
all the groups above.

Seeds of Hope  
Community Hall  
St Barnabas  
Church  
Overgreen Drive  
Kingshurst  
B37 6EY

3<sup>rd</sup> Monday  
of each  
month  
1.00pm -  
2.30pm

### **Singing for the Brain**

Run by Alzheimer's  
Society. Meet new  
people in a friendly,  
fun & social  
environment.  
Contact 0121 706  
4052 or email  
[birminghamandsolihul@alzheimers.org.uk](mailto:birminghamandsolihul@alzheimers.org.uk)

Wednesday  
9.30am -  
11.30am

### **Mid-Week Minglers**

Coffee morning to  
chat over coffee/tea  
and toast.  
Contact Cyndy  
0121 770 6152

Friday  
11.00am -  
1.00pm  
Excluding the  
1st Friday of  
each month

### **Young@Heart**

A friendly club  
offering sequence  
dancing for the over  
50's.

Contact Ann  
0121 770 5140

<p>North Solihull Sports Centre Conway Road, Solihull, B37 5LA</p>	<p><b>Swimming</b> <b>Pool</b> Monday - Friday: 9.00am - 3.00pm (Not during school holidays)</p> <p><b>Gym</b> Monday – Sunday: 9.00am - 5.00pm (Not during school holidays)</p>	<p><b><u>Over 75s Work Out</u></b> <b><u>For FREE in Solihull</u></b> Solihull Council and Everyone Active are offering over 75s FREE membership to access the swimming pool, gym &amp; fitness classes during off-peak times.</p> <p>Visit reception and present your ID as proof of eligibility to activate your FREE membership! Contact 0121 770 3822</p>
<p>Line Dancing Shard End Community Centre 170 Packington Ave Birmingham B34 7RD</p>	<p>Thursday 12.00pm - 1.00pm  1.15pm - 2.15pm</p>	<p>Beginners class  Advanced class  Contact 0121 464 5485</p>

The Onward Club  
107 Helmswood  
Drive  
Chelmsley Wood  
B37 7NS

Every other  
Thursday  
1.00pm -  
2.00pm

**Solihull Memory  
Singers**

Singing group for  
people living with  
dementia & their  
carers bringing people  
together in a fun,  
friendly and safe  
environment.

Contact Sarah  
07722 632 242 or  
email  
[sriddell@armonica.org.uk](mailto:sriddell@armonica.org.uk)

Friday  
10.00am -  
1.00pm

**Recycled Teenagers**

Warm hub for over  
60's. Hot drinks, food,  
activities, days out,  
bingo, music &  
company for local  
residents.

Free to attend.  
Contact 0121 770  
4499

Disability Resource  
Centre  
Unit 18  
ACE Business Park  
Mackadown Lane  
Kitts Green  
B33 0LD

Monday  
9.30am -  
11.30am

### **Breakfast Club**

An opportunity for disabled people aged 18 and over to socialise, learn more about DRC's services, and enjoy a cup of tea, biscuits and toast in a warm space.

Contact Maria  
03030 402040 or  
email  
[mclayton@disability.co.uk](mailto:mclayton@disability.co.uk)

Wednesday  
10.00am -  
1.00pm

### **Arts and Crafts Group**

A supportive learning environment for disabled adults to develop basic arts and crafts' skills.

Participants are encouraged to express creativity and explore

## Disability Resource Centre continued

their passions through the medium of art.

Contact Robbert 03030 402040 or email [rchattin@disability.co.uk](mailto:rchattin@disability.co.uk)

Contact for days & times

### **Fit For Life and Walking Groups**

Fit for Life programme targeted towards disabled people, frail older adults and those with long term health conditions.

Contact Roy 03030 402040 or email [rkimberley@disability.co.uk](mailto:rkimberley@disability.co.uk)

Junction 100 Chapelhouse Road Chelmsley Wood B37 5HA	Fortnightly on Friday 1.30pm – 3.00pm Starting 23 <sup>rd</sup> January 2026	Safe & supportive space for women of all ages to meet others, join activities, & learn new skills to support health, happiness and personal growth.  Contact Rebecca 07442 092775 or email <a href="mailto:rebecca@colebridge.org">rebecca@colebridge.org</a>
--	---	--

Auckland Hall 25 Sunbeam Close Smiths Wood B36 9LR	Monthly on Wednesday 1.30pm - 3.00pm Starting 7th January 2026	Safe & supportive space for women of all ages. Creative workshops, outdoor activities, health & wellbeing sessions.  Contact Rebecca 07442 092775 or email <a href="mailto:rebecca@colebridge.org">rebecca@colebridge.org</a>
---	---	---

United Church  
Cooks Lane  
Fordbridge  
Birmingham  
B37 6NP

Monday  
12.30pm -  
2.30pm

Friday  
10.00am –  
12.00pm

**Seniors Lunch Club**  
Weekly lunch club for  
seniors 65+  
Contact 07908 299  
711 or 07879 982 382  
to book your place.

**Ladies Craft Group**  
Bring your own craft,  
knitting, crochet,  
sewing, embroidery  
colouring or drawing.

Contact Joy on 07731  
680 216 or  
Marion on 07969 445  
734 for more  
information.

## Section Five – Rural Solihull

Club / Location	Day	Details
Dorridge Methodist Church 103 Mill Lane Bentley Heath Dorridge B93 8NY	Tuesday 10.30am - 12.30pm	<p><b><u>Dorridge &amp; Knowle Memory Cafe</u></b></p> <p>Helping people, their carers and loved ones live well with dementia.</p> <p>Painting, singing and dancing.</p> <p>£3 per person (including refreshments)</p> <p>No need to book - just drop in</p> <p>Contact Karen 07974 263 742 or email <a href="mailto:karen.wilkinson@uniquecare.co.uk">karen.wilkinson@uniquecare.co.uk</a></p>

Dorridge Methodist Church continued	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of each month  2.00pm – 4.00pm	<b><u>Tea Party</u></b> Afternoon tea & chat. No charge, donations welcome.  Contact Joan 01564 205121
	Wednesday 10.45am	<b><u>Ladies Circle</u></b> Tea/coffee followed by a session with a speaker/discussion/ entertainment.  Email <a href="mailto:ladiescircle@dorridgemethodists.org.uk"><u><b>ladiescircle@dorridge</b></u></a> <a href="http://methodists.org.uk"><u><b>methodists.org.uk</b></u></a>
	3 <sup>rd</sup> Friday of each month  12.30pm	<b><u>Lunch Club</u></b> Chat & a 2 course meal for a small charge  Contact 07956 888 459.

<p><b>Solihull Active Step into Solihull</b></p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle exercise activity programme includes walking, tai chi, yoga, seated exercise, walking sports &amp; more.</p> <p>Contact 0121 704 8207 or see <a href="http://www.solihullonthemove.co.uk">www.solihullonthemove.co.uk</a></p>
<p><b>Solihull Active Doc Spot</b></p> <p>The scheme operates at: Tudor Grange Sports Centre. Hampton Heath Club. North Solihull Sports Centre.</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>If you have a Solihull GP they can refer you for a personalised 12-week activity programme designed for adults with long-term health conditions based at a designated Leisure Centre.</p> <p>Contact 0121 704 8207 or email</p>

Smiths Wood  
Community Gym.

[solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk)  
for more info.

Website: <https://solihullonthemove.co.uk/get-support-to-be-active/www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/>

Club 'K'  
Lady Katherine  
Leveson  
The Old Hall  
Fen End Road  
West  
Temple Balsall  
B93 0AN

Thursday  
1.00pm -  
3.00pm

Run by volunteers for  
over 60's. Afternoon  
tea & biscuits and the  
opportunity to make  
new friends.

Contact Lorraine  
0121 745 9035 or  
07709 500781  
or email  
[stuartmullard@yahoo.co.uk](mailto:stuartmullard@yahoo.co.uk)

<p>St Philips Church Centre Manor Road Dorridge B93 8DX</p>	<p>Monday 10.30am - 11.30am &amp; Wednesday 11.30am - 12.30pm</p>	<p><b><u>Forever Active</u></b> Classes for older adults that blend fitness and community, enhancing strength, balance, and social connections. 1<sup>st</sup> class free. Contact 07738 830 848.</p>
	<p>1<sup>st</sup> &amp; 3<sup>rd</sup> Monday of most months 7.30pm</p>	<p><b><u>Inspire</u></b> Meetings which always begin with prayer, usually consist of speakers on a variety of subjects, occasional social evenings, visits to theatres and places of interest.</p> <p>Contact 01564 775 652 or email</p>

St Philips Church  
Centre  
continued

[parishoffice@stphilips  
&stjames.org](mailto:parishoffice@stphilips&stjames.org)

Last Tuesday  
of each  
month  
11.15am –  
12.45pm

**Community Support**  
**Coffee morning**

Free event held by  
Bright Dawn  
Homecare with  
stimulating and  
inclusive activities and  
each coffee morning  
will feature a different  
guest speaker.

Contact Bright Dawn  
directly 01564 784 598  
for more information.

Bentley Heath Community Centre Widney Road Solihull B93 9BQ	3rd Monday of each month 2.00pm - 4.00pm	<b><u>Knit &amp; Natter</u></b> Bring your own project. Just turn up, no charge.
	Wednesday 10.45am - 11.45am	<b><u>EXTEND</u></b> Gentle exercise for the older person. Can be done seated. Cost £4.00.
		Contact Jenny 01564 772268
	Wednesday 1.00pm – 4.00 pm	<b><u>F I R S Art Group</u></b> Contact Ros 01564 739 129 or email <a href="mailto:roswithers@googlemail.com">roswithers@googlemail.com</a>

Bentley Heath  
Community Centre  
continued

Thursday  
11.30am -  
12.30pm

**Keep Dancing**  
Over 50's low impact  
dance steps from  
around the world. No  
partner needed.

Contact Faye  
07984 423 534  
or email  
[hello@xpress-  
yourself.co.uk](mailto:hello@xpress-yourself.co.uk)

Thursday  
2.00pm -  
3.30pm

**Line Dancing**  
Contact Mavis  
07714 771 048

1<sup>st</sup> Thursday  
of each  
month  
7.30pm  
only certain  
months

**Solihull RSPB Group**  
Contact Sophie  
0121 744 4529  
or email  
[sophie.rspbsolihull@gmail.com](mailto:sophie.rspbsolihull@gmail.com)

<p>Bentley Heath Community Centre continued</p>	<p>2<sup>nd</sup> Thursday of each month 7.30pm <u>(Sept – May only)</u></p> <p>Last Thursday of each month 8.00pm <u>only certain months</u></p> <p>1<sup>st</sup> Saturday of each month 10.00am - 12.00pm</p>	<p><b><u>Dorridge &amp; District Gardening Club</u></b> Talks about various gardening topics.</p> <p>Email <a href="mailto:berylharrison111@gmail.com">berylharrison111@gmail.com</a></p> <p><b><u>South Devon Railway Club</u></b> Contact Roger Inwood 0121 704 9764</p> <p><b><u>The Café @Bentley Heath</u></b> Warm &amp; friendly atmosphere, all welcome &amp; profits go to charity.</p>
---	--	--

Bentley Heath  
Community Centre  
continued

1<sup>st</sup> Saturday  
of each  
month  
2.30pm  
Sept to April  
only

2<sup>nd</sup> Saturday  
of each  
month  
2.30pm  
only certain  
months

Sunday  
7.30pm

**The Cottage Garden**  
**Society**

Contact  
Jennifer  
07983 955 664 or  
Monica 07920 003 760

**The Hardy Plant**  
**Society**

Contact Bridget  
01564 205 363  
or email  
[wmids@hardy-plant.org.uk](mailto:wmids@hardy-plant.org.uk)

**Jubilee Club**

Bingo and social.  
Arrive at 7.00pm on  
your 1<sup>st</sup> visit to  
register.

Contact Cliff  
07976 236 141

<p>Bentley Heath Tennis Courts next to Community Centre Widney Rd Bentley Heath, Solihull B93 9BJ</p>	<p>Monday &amp; Wednesday 1.00pm - 3.00pm  Friday 7.00pm - 9.00pm</p>	<p><b>Pickleball</b> Outside sport for all ages combines elements of tennis, badminton &amp; table tennis. Free and all equipment is provided but trainers or tennis shoes are required.  Contact Bob 07890 996 716</p>
<p>Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS</p>	<p>Various days &amp; times</p>	<p>For over 65's including seated mobility, pilates, yoga, mindfulness &amp; meditation and gentle dance aerobics.  Contact Rob 07740 289 350 or email <a href="mailto:admin@triwellness.co.uk">admin@triwellness.co.uk</a></p>

<p>Knowle Parish Church The Guild House High Street Knowle B93 0LN</p>	<p>4<sup>th</sup> Monday of each month 2.00 - 4.00pm</p>	<p><b><u>Knowle Knitwits</u></b> Knitting or tapestry. Wool, needles &amp; patterns supplied for charity knitting or bring your own. No experience needed. Voluntary donation.</p>
	<p>Wednesday 2.00pm - 4.00pm</p>	<p><b><u>Contact Judy</u></b> 01564 774413 or email <a href="mailto:judyandmike@btinternet.com">judyandmike@btinternet.com</a></p> <p><b><u>Renew Café</u></b> All welcome to spend quiet time with a cup of tea or coffee, chat to others, or enjoy a hobby or puzzle.</p> <p>Email <a href="mailto:office@kpc.org.uk">office@kpc.org.uk</a></p>

Eastcote Park  
Retirement Village  
& Care Home  
Knowle Road  
Eastcote  
Solihull  
B92 0JA

Certain  
Mondays  
3.00pm -  
4.30pm

Wednesday  
11.30am -  
1.00pm

Monthly on  
Thursdays  
2.30pm –  
4.00pm  
**Check for  
dates.**

Friday  
11.00am -  
1.00pm

**Memory Moments**  
**café**  
Do you care for  
someone with  
dementia? Both come  
along and enjoy an  
afternoon filled with  
music and memories.  
**Booking is essential.**

**Knit and Natter**  
Making blankets and  
hats for charity

**Gentlemans club**  
Exclusive club for  
gents, a place for  
friendship, fun &  
relaxation with light  
refreshments.

**Coffee Morning**  
Everyone is welcome  
to enjoy a coffee and

## Eastcote Park continued

meet new people in a safe environment. Contact 0121 269 1236 for more info on the clubs above.

1<sup>st</sup>  
Wednesday  
of each  
month  
2.00pm -  
3.30pm

### **Welcome**

### **Wednesdays**

Solihull residents over 65 are welcome for a hot drink, cake and a chat. Suggested donation - £3

Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending.

0121 704 7811 or

email

[activities@ageuksolihull.org.uk](mailto:activities@ageuksolihull.org.uk)

<p>Warm Hub  Jubilee Centre  (behind Costa)  225 Station Road  Balsall Common  CV7 7FE</p>	<p>1<sup>st</sup> &amp; 3<sup>rd</sup>  Thursday  of each  month  <u><b>throughout</b></u>  <u><b>the winter</b></u>  <u><b>months.</b></u>  9.30am -  11.30am</p>	<p>Balsall Common Lions  will greet you with a  smile, a warm drink  and a slice of  something sweet!</p> <p>Enjoy a chat with new  friends in a welcoming  warm space.</p> <p>See website for  details:  <a href="http://www.balsallcommonlions.org"><u>www.balsallcommonlions.org</u></a></p>
<p>United Reform  Church  Station Road  Knowle  B93 0HN</p>	<p>Tuesday  10.00am -  12.00pm</p>	<p><b><u>Big Brew</u></b>  A place to meet for  coffee, tea, cake and a  chat. No charge, just a  small donation  towards refreshments.  Pop in any time.</p> <p>Contact Stephanie  01564 775 527</p>

Balsall Common  
Village Hall  
112 Station Road  
Balsall Common  
CV7 7FF

Monday  
10.00am -  
11.00am

**Over 50's dance fit**  
Fun, easy to follow  
steps, suitable for all  
abilities.

Contact Lorraine  
07590 697 835

3<sup>rd</sup> Friday  
of each  
month  
2.30pm -  
3.30pm

**Circle Dance for  
wellbeing**  
Light form of exercise  
suitable for all ages  
and no partners are  
needed. 1<sup>st</sup> class free!

Contact Anne  
07816 422614 or email  
[annesburrell@gmail.com](mailto:annesburrell@gmail.com)

2<sup>nd</sup>  
Wednesday  
of each  
month

**Memories Café**  
For anyone  
experiencing memory  
problems and their  
carers to socialise,

<p>Balsall Common Village Hall continued</p>	<p>1.15pm - 3.15pm</p>	<p>share experiences and relax. Raffle, activity sessions.</p> <p>Contact Christine 07974 140 353 before attending.</p>
<p>St Peter's Church Hall Balsall Street East Balsall Common CV7 7EA</p>	<p>Tuesday 11.00am – 12.00pm</p>	<p>Chair yoga &amp; meditation. Good for those with an injury, joint or mobility issues.</p>
<p>St Peter's Church continued</p>	<p>Thursday 11.00am - 12.00pm</p>	<p>Gentle yoga targeted towards over 55's, those with injury or returning to exercise.</p> <p>Contact Jaime 08970 686 712</p>

<p>Memories Coffee &amp; Chat Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL</p>	<p>1<sup>st</sup> Thursday of each month 11.00am - 12.30pm</p>	<p>For anyone experiencing memory problems and their carers to socialise, share experiences and relax. Raffle, activity sessions.</p> <p>Contact Christine 07974 140 353 before attending.</p>
<p>The Pavilion Hockley Heath Recreation Ground Old Warwick Road Hockley Heath Solihull B94 6HH</p>	<p>Thursday 1.30pm</p>	<p><b><u>Paracise Exercise Club</u></b> Standing or seated low impact exercise to music which can be adapted to suit your needs.</p> <p>Contact Dawn 07532 160 610 or email <a href="mailto:dawn@risehealthandfitness.co.uk">dawn@risehealthandfitness.co.uk</a></p>

St George & St  
Teresa Parish  
Centre  
Station Road  
Dorridge  
B93 8EZ

Tuesday  
10.00am -  
11.30am  
Term time  
only

### **Rock Choir**

Contemporary choir  
with no auditions or  
musical knowledge  
needed, all about fun,  
community, friendship  
and life-changing  
experiences.

Contact

01252 714 276 or mail  
[office@rockchoir.com](mailto:office@rockchoir.com)

Thursday  
1.30pm

### **Move It or Lose It**

Fun & friendly seated  
or standing class to  
improve balance,  
confidence, mobility,  
flexibility & strength.  
1st class free for new  
starters.

Contact Liz Gavin

07962 035 744

or email

[liz.gavin@moveitorlos  
eit.co.uk](mailto:liz.gavin@moveitorlos<br/>eit.co.uk)

<p><b><u>Age UK Solihull</u></b>  <b><u>Lunch Club</u></b>  Red Lion  1672 High Street  Knowle  Solihull  B93 0LY</p>	<p>Thursday  12.00pm -  2.30pm</p>	<p>A lunch club for over 65's run by Age UK Solihull staff &amp; volunteers.  A hot meal and wonderful company!</p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities before attending.  0121 704 7811 or email  <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p>
<p>Pop Voices Adult Choir  Knowle British Legion  1611 Warwick Road  Knowle  B93 9LU</p>	<p>Thursday  10.30am -  12.00 pm</p>	<p>For adults of all ages &amp; abilities.</p> <p>Email  <a href="mailto:info@pop-voices.co.uk">info@pop-voices.co.uk</a></p>

<p>Ye Olde Knowle Bowling Club Grange Road Dorridge B93 8QA</p>	<p>Ring for days &amp; times</p>	<p>Welcomes bowlers of all ages and abilities and has a large clubhouse with bar and kitchen which is used to host several social events throughout the year.</p> <p>Contact Tony 07759 952 485</p>
<p>Warm Hub Birchmere House Care Home 1270 Warwick Road Knowle B93 9LQ</p>	<p>Wednesday 2.30pm - 4.30pm</p>	<p>Comfortable space, friendly conversation, a hot cup of tea and a slice of cake. Board games, puzzles and newspapers available to all.</p> <p>Contact Nicola 01564 732 400 or email <a href="mailto:birchmerehouse.csm@averyhealthcare.co.uk">birchmerehouse.csm@averyhealthcare.co.uk</a></p>

Memory Café  
Birchmere Mews  
Care Home  
1270A Warwick  
Road  
Knowle  
B93 9LQ

1<sup>st</sup> Tuesday  
of each  
month  
10.30am -  
12.00pm

Meet new people with  
complimentary  
refreshments &  
pastries. All welcome  
& no booking  
required.

Contact  
01564 732 660

## DAY CENTRES

<p>Maples Day Opportunity South Park View Building Monkspath Hall Road Solihull B91 3LU</p>	<p>Tel: 0121 704 7499 Email: <a href="mailto:info.parkview@solihull.gov.uk">info.parkview@solihull.gov.uk</a></p>	<p>Older people including those living with dementia. Monday - Friday</p>
<p>Star &amp; Garter Day Centre (Veterans only) Tudor Coppice Monkspath Hall Road Solihull B91 3DE</p>	<p>Tel: 0808 281 5068 Email: <a href="mailto:solihull.enquiries@starandgarter.org">solihull.enquiries@starandgarter.org</a> Website: <a href="http://www.starandgarter.org/">www.starandgarter.org/</a></p>	<p><b><u>Veterans only.</u></b> Meet new people, have wonderful food and enjoy entertainment. Monday, Tuesday, Wednesday &amp; Friday</p>

Colebrook Day  
Centre  
291 Bosworth  
Drive  
Chelmsley  
Wood  
B37 5DP

Please phone for more  
details

0121 717 1682

or

0121 717 1683

Older people.  
Social & leisure  
activities.

Shepherdson  
Court Day  
Centre  
7 Damson  
Parkway  
Solihull  
B91 2PP

Tel: 0121 711 4266  
Email:  
[daycentremanager@raynerhouse.co.uk](mailto:daycentremanager@raynerhouse.co.uk)

Website:  
<https://raynerhouse.co.uk/our-care-portfolio/sheps-day-care-centre>

Bookings  
accepted  
Monday -  
Friday from  
external  
visitors aged  
60 and over  
who need  
some  
company,  
mental  
stimulation,  
and a change  
of scene.

Willow Grange  
Care Home  
119 St Bernards  
Road  
Solihull  
B92 7DH

Tel: 0121 708 0804  
Email:  
[info@willowgrangecarehome.co.uk](mailto:info@willowgrangecarehome.co.uk)  
Website:  
[www.willowgrangecarehome.co.uk/](http://www.willowgrangecarehome.co.uk/)

Social activities  
for older  
people

The Blanning  
Day Centre  
Winster Avenue  
Dorridge  
Solihull  
B93 8ST

Tel: 01564 771 179  
Email:  
[enquiries@familycaretrust.co.uk](mailto:enquiries@familycaretrust.co.uk)  
Website:  
[www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/](http://www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/)

Providing  
specialist care  
and support  
for people with  
memory  
problems, such  
as Alzheimer's,  
strokes,  
Parkinson's  
and other  
mental health  
problems.

Rose Cottage  
Care Farm  
Stratford Road  
Hockley Heath  
Solihull  
B94 5NH

Tel: 07711 372 795  
Website:  
[www.rosecottage.care](http://www.rosecottage.care)

Person-centred care for people age 16+ with additional needs and dementia. Activities such as gardening, cooking arts & crafts. Transport available.

Prince of Wales  
Nursing Home  
246 Prince of  
Wales Lane  
Solihull Lodge  
Birmingham  
West Midlands  
B14 4LJ

Please phone for more details  
0121 436 6464  
Lisa Fielding  
Wellbeing Activity  
Co-ordinator

Companionship, a free meal and / or join in with an activity.