

Clubs List



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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

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

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/

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 st Wednesday of each month 2.00pm	<p><u>Cameo Club</u></p> <p>Everyone welcome to this group which includes a visiting speaker, friendship & refreshments.</p> <p>Contact Carole Davies 0121 711 1919</p>
	1 st 3 rd & 4 th Wednesday of each month 12.00pm	<p><u>Lunch Club</u></p> <p>2 course cooked lunch for £6.50. Booking is essential.</p> <p>Contact Anne Noble anne-noble@hotmail.co.uk </p>

St Helens Church continued	2 nd Wednesday of each month 10.30am	<u>Coffee morning</u> Contact Anne Noble anne-noble@hotmail.co.uk
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 st 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

3rd 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 sjwalker@consultant.com</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 & families. Sessions complete with therapy dogs, trained well-being hosts, interactive activities, & unlimited tea, coffee & 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</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

<p>The Core continued</p>		<p>people living with Parkinson's or Dementia</p> <p>Pre-booking for the above classes is essential. Contact 0121 704 6962 or see www.thecoretheatresolihull.co.uk/whats-on/activities/</p>
<p>Memories and Music Park View Day Centre Tudor Grange Park Monkspath Hall Road, Solihull B91 3LU</p>	<p>Friday 10.30am - 11.30am</p>	<p>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.</p> <p>Email paula.ewer@solihull.gov.uk</p>

Solihull Active
Step into Solihull

Various days
and venues
across the
whole
borough of
Solihull

Gentle exercise
activity programme
includes walking, tai
chi, yoga, seated
exercise, walking
sports & more.

Contact

0121 704 8207 or see
www.solihullonthemove.co.uk

Solihull Active
Doc Spot

Session times
& prices vary
depending on
the centre

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.

The scheme
operates at:
Tudor Grange
Sports Centre.
Hampton Heath
Club.
North Solihull
Sports Centre.

Contact 0121 704
8207 or email

Smiths Wood
Community Gym.

solihullactive@solihull.gov.uk

Website:

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

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

Thursday
10.00am -
12.00pm

Solihull Stroke Group
For anyone affected by
stroke.

<p>Oliver Bird Hall continued</p>	<p><u>By prior arrangement with Marian only</u></p>	<p>Contact Marian Disbery 01676 534 944 or email solihullstrokesurvivors 1@outlook.com before attending.</p>
<p>Rock Choir Solihull Preparatory School Brueton Avenue Solihull B91 3EN</p>	<p>Monday 7.15pm - 8.45pm Term time only</p>	<p>No auditions or musical knowledge needed. It's all about fun, community, friendship & life- changing experiences.</p> <p>Contact 01252 714 276 Mon-Fri 9.00 -5.00 Email: office@rockchoir.com Website: www.rockchoir.com</p>

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

Mill Pool Scout Hut
303 Lode Lane
Solihull
B91 2HZ

Tuesday
1.30pm -
2.30pm

Low impact aerobic & muscle strengthening exercise for those with arthritis and back pain.

Contact Nora before attending on 07707 931 439 or email nora@envolvewell.co.uk

Wednesday
11.30am -
12.30pm

Move it or Lose it

Classes are designed specifically for older people and feature dance, flexibility, strength and balance and can be done seated or standing.

1st class free!

Contact Rachael Beer
07710 070813 or email rachael.beer@moveitorloseit.co.uk

<p>Mill Pool Scout Hut Continued</p>	<p>1st & 3rd Saturday of each month 10:30am - 12:30pm</p>	<p><u>Chai and Chat</u> <u>Community</u> 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>
<p>Wellbeing Wednesdays Greville Arms Cornyx Lane Solihull B91 2RB</p>	<p>Wednesday 10.00am - 12.00pm</p>	<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 & 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>3rd 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 birmingham@oddfellowsws.co.uk</p>
<p>RNIB Solihull Coffee Morning Core Library Homer Road Solihull B91 3RG</p>	<p>3rd Monday of each month 10.30am - 12.00pm</p>	<p>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.</p> <p>Contact sarah.winch@rnib.org.uk</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

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

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)

2nd 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

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.

Solihull Methodist
Church
continued

Friday
10.00am -
12.00pm

Classic Cantonese

Group

Weekly elderly social group for those retired & looking to meet new friends. Activities include Tai Chi, mahjong & table tennis.

Contact 0121 705 7367 or email office@solihull-methodist.org.uk for the clubs above.

4th

Wednesday
of each
month
11.00am -
1.00pm

(Except Dec)

Solihull Pensioners Association

Promoting the welfare of older people in Solihull & with activities & talks on subjects of interest.

Contact Alan Thomas
0121 705 3342

Solihull Methodist
Church
continued

3rd 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)

2nd & 4th
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>4th Tuesday of each month 6.00pm - 7.30pm</p>	<p>Monthly social for working age visually impaired people in Solihull & surrounding area for a drink and/or bite to eat in a relaxed informal setting.</p> <p>Booking required. Contact sarah.winch@rnib.org.uk</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
[www://bookwhen.co
m/mpsports](http://www.bookwhen.com/mpsports)

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

3rd 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
[sarah.winch@rnib.org.
uk](mailto:sarah.winch@rnib.org.uk)

Section Two – Shirley

Club / Location	Day	Details
Shirley Baptist Church 144 Stratford Road Shirley B90 3BD	Tuesday 1.00pm - 3.00pm	<u>Place of Welcome</u> 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 st Saturday of each month 9.00am	<u>Men's Breakfast</u> 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.

Age UK Solihull
Wednesday
Afternoon Club
Moseley Cricket
Club
Streetsbrook Rd
Shirley
B90 3PE

Wednesday
1.00pm -
3.00pm

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 &
Activities before
attending.

0121 704 7811 or
email
[activities@ageuksolihu
ll.org.uk](mailto:activities@ageuksolihull.org.uk)

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

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

2nd & 4th
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

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/

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>1st Wednesday of each month 1.30pm - 3.30pm</p>	<p>Friendly club for widows. Come along & 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 www.got2sing.co.uk/choirs/solihull-choir</p>

Solihull Active
Step into Solihull

Various days
and venues
across the
borough of
Solihull

Gentle exercise
activity programme
includes walking, tai
chi, yoga, seated
exercise, walking
sports & more.

Contact 0121 704
8207 or see

www.solihullonthemove.co.uk

Solihull Active
Doc Spot

Session times
& prices vary
depending on
the centre

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.

The scheme
operates at:
Tudor Grange
Sports Centre.
Hampton Heath
Club.

North Solihull
Sports Centre.
Smiths Wood
Community Gym.

Contact 0121 704
8207 or email

solihullactive@solihull.gov.uk

		<p>for more info.</p> <p>Website: www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/ </p>
<p>Short Mat Bowling Club Shirley Methodist Church 257 Stratford Road Shirley B90 3AL</p>	<p>Monday & Thursday 1.00pm - 3.00pm</p> <p>Friday 7.00pm - 9.00pm</p>	<p>Gentle exercise, fun & friendship. No previous experience required. Bowls & tuition provided. 1st 3 sessions free.</p> <p>Contact Rob 07927 990 215 or email bowls@shirleymethodist.org.uk </p>

Blossomfield
Grange Care Home
1 Worcester Way
Off Dog Kennel
Lane
Shirley
B90 4JX

1st Monday
of each
month

10.30am -
12.00pm
(Excluding
Bank
Holidays)

Dementia Café

Event aimed at those
living with dementia
and their loved ones.
Opportunity to meet
and share experiences,
take part in fun
activities, get advice &
support.

Last Monday
of each
month

11.00am -
12.00pm
(Excluding
Bank
Holidays)

Friendship Café

Meet like-minded
people for a chat over
a complimentary hot
drink and freshly
baked treats.

**Booking essential for
both groups.**

Contact Jo
0121 701 2700

Fountains Care
Home
1355 Stratford
Road
Shirley
B90 4EF

Last
Wednesday
of each
month
10.30am -
11.30am

Reminisce Café

All welcome to make
new friends, have fun,
share memories and
enjoy the company of
others alongside a
sing-song and
activities to enjoy.

Friday
From
12.30pm

Don't Dine Alone.

Company and a
nutritious meal for
local older people.

Last Sunday
of each
month
1.30pm

Pudding Club

Opportunity to meet
new people & enjoy
delicious treats.

Contact 0121 733
8602 before attending
any of the above
groups.

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

Move it or Lose it
Solihull Lodge
Community Centre
Grafton Road
Solihull Lodge
B90 1NJ

Tuesday
10.30am –
11.30am

Move it or Lose it
strength and
balance circuit class.

Contact Liz Gavin
07962 035 744 or
email

liz.gavin@moveitorloseit.co.uk

Friday
1.00pm -
2.00pm

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

Contact Liz Gavin
07962 035 744 or
email

liz.gavin@moveitorloseit.co.uk

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@thebridges
hirley.com](mailto:enquiries@thebridgeshirley.com)

<p>The Shirley Centre 274 Stratford Road Shirley B90 3AD</p>	<p>Thursday 10.15am</p>	<p><u>Paracise Exercise Club</u> 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 dawn@risehealthandfitness.co.uk</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><u>Sip & Share - The Menopause Meetup</u> A space to connect, vent, learn, laugh and feel supported through all stages of menopause. 20% off all drinks for attendees!</p> <p>https://esquirescoffee.co.uk/store/esquires-solihull</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 st Tuesday of each month 12.00pm - 3.00pm	<p>A lunch club for over 65's run by Age UK Solihull staff & volunteers.</p> <p>A meal, hot drinks, activities and occasional live singers.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk</p>

Age UK Solihull
Hobs Meadow
Lunch Club
Hobs Meadow Pub
Ulleries Road
Solihull
B92 8ED

Thursday
12.00pm -
3.00pm

(excluding 1st
Thursday of
each month)

Lunch club for over
65's run by Age UK
Solihull staff &
volunteers.

A 2-course meal, hot
drinks and
entertainment.

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

0121 704 7811 or
email
[activities@ageuksolihu
ll.org.uk](mailto:activities@ageuksolihull.org.uk)

<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 & 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.</p> <p>Women only class. 1st class free.</p> <p>To book a place contact Manisha 07999 388 657 or email mpatel@moveitorloseit.co.uk</p>

Solihull Active
Step into Solihull

Various days
and venues
across the
whole
borough of
Solihull

Gentle exercise
activity programme
includes walking, tai
chi, yoga, seated
exercise, walking
sports & more.

Contact

0121 704 8207 or see
www.solihullonthemove.co.uk

Solihull Active
Doc Spot

Session times
& prices vary
depending on
the centre

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.

The scheme
operates at:
Tudor Grange
Sports Centre.
Hampton Heath
Club.
North Solihull
Sports Centre.

Contact 0121 704
8207 or email

<p>Smiths Wood Community Gym.</p>		<p>solihullactive@solihull.gov.uk for more info.</p> <p>Website: www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</p>
<p>Solihull Stroke Club Olton Friary St Bernards Road Olton Solihull B92 7BL</p>	<p>Wednesday 9.00am - 1.30pm (Excluding Bank Holiday weeks)</p>	<p>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.</p> <p>Contact Pamela 0121 744 3265.</p>

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

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

1st & 3rd
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

1st 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	A chair-supported movement and dance class for older adults with health issues affecting mobility, balance and confidence. Booking Essential. £10 PAYG, discount block booking Contact Nora 07707 931 439 nora@envolvewell.co.uk before attending.

Move it or Lose it
Lyndon Methodist
Church (Sports
Hall)
Melton Avenue
Solihull
B92 7QX

Monday
11.30am -
12.30pm

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

Contact Liz Gavin
07962 035 744 or
email
liz.gavin@moveitorloseit.co.uk

Section Four – North Solihull

Club / Location	Day	Details
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Tuesday 10.30am - 12.00pm	<u>Chair exercise</u> 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.

<p>Arden Hall continued</p>	<p>2nd & 4th Wednesday of each month 1.30pm - 3.30pm (except Aug)</p> <p>1st & 3rd 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><u>Friday Meet Up</u> 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 grahamwooldridge@yahoo.co.uk</p>
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Push On Wellbeing's Community Project 14 Maple Walk Chelmsley Wood B37 5TS	Monday 3.00pm – 4.00pm	Over 50's Art & Crafts
	4.00pm – 5.00pm	Positive Action 4 Mental Wellbeing
	Wednesday 11.00am – 12.00pm	Knit & natter
	Thursday 11.30am – 12.30pm	Ukrainian Family Club
Off the Street Retreat Lily's Tea Parlour Chelmsley Wood Shopping Centre		Free massages. Ideal for those in pain waiting for NHS treatment. Wellbeing Retreat massages. Phone 07541 395 656 for more details on all POW's activities.

<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 & 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 & chip lunch with a hot drink & 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@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 & volunteers. A hot meal, activities and entertainment. Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk</p>
<p>Forget Me Not Memory Café Coleshill Town Hall Old Court Room High Street Coleshill B46 3BG</p>	<p>3rd Thursday of each month 12.00pm - 3.00pm</p>	<p>Entertainment and games for those with memory loss and their carers. Tea, coffee & cakes Contact 01675 464 634</p>

<p>The Jolly Club Kingshurst & 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!</p> <p>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.</p> <p>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 & raffle.</p> <p>Contact 0121 770 3283 before attending.</p>

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and venues
across the
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borough of
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activity programme
includes walking, tai
chi, yoga, seated
exercise, walking
sports & more.

Contact 0121 704
8207 or see

www.solihullonthemove.co.uk

Solihull Active
Doc Spot

Session times
& prices vary
depending on
the centre

If you have a Solihull
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term health conditions
based at a designated
Leisure Centre.

The scheme
operates at:
Tudor Grange
Sports Centre.
Hampton Heath
Club.

North Solihull
Sports Centre.
Smiths Wood
Community Gym.

Contact 0121 704
8207 or email

solihullactive@solihull.gov.uk

Solihull Active continued		<p>Website:</p> <p>www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</p>
<p>Seniors Afternoon</p> <p>The Bell Inn</p> <p>12 Birmingham Road</p> <p>(just off High St)</p> <p>Coleshill</p> <p>B46 1AA</p>	<p>2nd & 4th</p> <p>Tuesday of each month</p> <p>1.00pm - 4.00pm</p>	<p>2 course meal, bingo, local singers or DJ's</p> <p>Contact Kelly</p> <p>01675 463 310</p>
<p>Keep Fit</p> <p>Fordbridge Centre</p> <p>Nineacres Drive</p> <p>Fordbridge</p> <p>B37 5DD</p>	<p>Thursday</p> <p>1.30pm - 3.30pm</p>	<p>Gentle joint exercise, some line dancing followed by a cuppa and a chat. Waiting list in operation.</p> <p>Contact Sheila</p> <p>0121 770 2432</p>

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.

2nd & 4th
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)

Three Trees
Hedingham Grove
Chelmund's Cross
Chelmsley Wood
B37 7TP

Monday
10.45am -
12.30pm
(Fortnightly)

Pop In – Drop In
Social club & support
group with
Independent
Advocacy.

1.30pm -
2.30pm
(Fortnightly)

The Listening Project
Experiment, analyse
and enjoy music.

Tuesday
6.30pm -
7.30pm

Northern Star
Ukulelele Band
Beginners & experts
welcome.

7.30pm -
9.45pm

North Solihull Singers
Community choir
singing all kinds of
songs.

Wednesday
1.00pm -
3.00pm

St!Art Art Group
Art group for adults.

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.

1st 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

3rd 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

birminghamandsolihull@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>Swimming Pool Monday - Friday: 9.00am - 3.00pm (Not during school holidays)</p> <p>Gym Monday – Sunday: 9.00am - 5.00pm (Not during school holidays)</p>	<p><u>Over 75s Work Out For FREE in Solihull</u> Solihull Council and Everyone Active are offering over 75s FREE membership to access the swimming pool, gym & 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</p> <p>1.15pm - 2.15pm</p>	<p>Beginners class</p> <p>Advanced class</p> <p>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

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

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)

<p>Junction 100 Chapelhouse Road Chelmsley Wood B37 5HA</p>	<p>Fortnightly on Friday 1.30pm – 3.00pm Starting 23rd January 2026</p>	<p>Safe & supportive space for women of all ages to meet others, join activities, & learn new skills to support health, happiness and personal growth.</p> <p>Contact Rebecca 07442 092775 or email rebecca@colebridge.org</p>
<p>Auckland Hall 25 Sunbeam Close Smiths Wood B36 9LR</p>	<p>Monthly on Wednesday 1.30pm - 3.00pm Starting 7th January 2026</p>	<p>Safe & supportive space for women of all ages. Creative workshops, outdoor activities, health & wellbeing sessions.</p> <p>Contact Rebecca 07442 092775 or email rebecca@colebridge.org</p>

United Church
Cooks Lane
Fordbridge
Birmingham
B37 6NP

Monday
12.30pm -
2.30pm

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

Friday
10.00am –
12.00pm

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

Dorridge
Methodist Church
continued

1st & 3rd
Tuesday
of each
month
2.00pm –
4.00pm

Tea Party

Afternoon tea & chat.
No charge, donations
welcome.

Contact Joan
01564 205121

Wednesday
10.45am

Ladies Circle

Tea/coffee followed by
a session with a
speaker/discussion/
entertainment.

Email

[ladiescircle@dorridge
methodists.org.uk](mailto:ladiescircle@dorridge
methodists.org.uk)

3rd Friday
of each
month
12.30pm

Lunch Club

Chat & a 2 course meal
for a small charge

Contact
07956 888 459.

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Various days
and venues
across the
whole
borough of
Solihull

Gentle exercise
activity programme
includes walking, tai
chi, yoga, seated
exercise, walking
sports & more.

Contact 0121 704
8207 or see

www.solihullonthemove.co.uk

Solihull Active
Doc Spot

Session times
& prices vary
depending on
the centre

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.

The scheme
operates at:
Tudor Grange
Sports Centre.
Hampton Heath
Club.

North Solihull
Sports Centre.

Contact 0121 704
8207 or email

<p>Smiths Wood Community Gym.</p>		<p>solihullactive@solihull.gov.uk for more info.</p> <p>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/</p>
<p>Club 'K' Lady Katherine Leveson The Old Hall Fen End Road West Temple Balsall B93 0AN</p>	<p>Thursday 1.00pm - 3.00pm</p>	<p>Run by volunteers for over 60's. Afternoon tea & biscuits and the opportunity to make new friends.</p> <p>Contact Lorraine 0121 745 9035 or 07709 500781 or email stuartmullard@yahoo.co.uk</p>

St Philips Church
Centre
Manor Road
Dorridge
B93 8DX

Monday
10.30am -
11.30am
&
Wednesday
11.30am -
12.30pm

Forever Active

Classes for older adults that blend fitness and community, enhancing strength, balance, and social connections.

1st class free.

Contact 07738 830
848.

1st & 3rd
Monday
of most
months
7.30pm

Inspire

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.

Contact
01564 775 652 or
email

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

Knit & Natter

Bring your own
project.

Just turn up, no
charge.

Contact Denise
07899 914 228

Wednesday
10.45am -
11.45am

EXTEND

Gentle exercise for the
older person. Can be
done seated.
Cost £4.00.

Contact Jenny
01564 772268

Wednesday
1.00pm –
4.00 pm

F I R S Art Group

Contact Ros
01564 739 129
or email

roswithers@googlemail.com

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

1st Thursday
of each
month
7.30pm
only certain
months

Solihull RSPB Group

Contact Sophie
0121 744 4529
or email

[sophie.rspbsolihull@g
mail.com](mailto:sophie.rspbsolihull@gmail.com)

Bentley Heath
Community Centre
continued

2nd Thursday
of each
month
7.30pm
(Sept – May
only)

**Dorridge & District
Gardening Club**

Talks about various
gardening topics.

Email

berylharrison111@gmail.com

Last Thursday
of each
month
8.00pm
only certain
months

**South Devon Railway
Club**

Contact Roger Inwood
0121 704 9764

1st Saturday
of each
month
10.00am -
12.00pm

**The Café @Bentley
Heath**

Warm & friendly
atmosphere, all
welcome & profits go
to charity.

Bentley Heath
Community Centre
continued

1st Saturday
of each
month
2.30pm
Sept to April
only

**The Cottage Garden
Society**
Contact
Jennifer
07983 955 664 or
Monica 07920 003 760

2nd Saturday
of each
month
2.30pm
only certain
months

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

Sunday
7.30pm

Jubilee Club
Bingo and social.
Arrive at 7.00pm on
your 1st 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 & Wednesday 1.00pm - 3.00pm</p> <p>Friday 7.00pm - 9.00pm</p>	<p><u>Pickleball</u> Outside sport for all ages combines elements of tennis, badminton & table tennis. Free and all equipment is provided but trainers or tennis shoes are required.</p> <p>Contact Bob 07890 996 716</p>
<p>Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS</p>	<p>Various days & times</p>	<p>For over 65's including seated mobility, pilates, yoga, mindfulness & meditation and gentle dance aerobics.</p> <p>Contact Rob 07740 289 350 or email admin@triwellness.co. uk</p>

Knowle Parish
Church
The Guild House
High Street
Knowle
B93 0LN

4th Monday
of each
month
2.00 - 4.00pm

Knowle Knitwits

Knitting or tapestry.
Wool, needles &
patterns supplied for
charity knitting or
bring your own. No
experience needed.
Voluntary donation.

Contact Judy
01564 774413 or email
judyandmike@btinternet.com

Wednesday
2.00pm -
4.00pm

Renew Café

All welcome to spend
quiet time with a cup
of tea or coffee, chat
to others, or enjoy a
hobby or puzzle.

Email
office@kpc.org.uk

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

Certain
Mondays
3.00pm -
4.30pm

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.

Wednesday
11.30am -
1.00pm

Knit and Natter

Making blankets and
hats for charity

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

Gentlemen's club

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

Friday
11.00am -
1.00pm

Coffee Morning

Everyone is welcome
to enjoy a coffee and

<p>Eastcote Park continued</p>	<p>1st Wednesday of each month 2.00pm - 3.30pm</p>	<p>meet new people in a safe environment. Contact 0121 269 1236 for more info on the clubs above.</p> <p><u>Welcome</u> <u>Wednesdays</u> Solihull residents over 65 are welcome for a hot drink, cake and a chat. Suggested donation - £3</p> <p>Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending.</p> <p>0121 704 7811 or email activities@ageuksolihull.org.uk</p>
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<p>Warm Hub Jubilee Centre (behind Costa) 225 Station Road Balsall Common CV7 7FE</p>	<p>1st & 3rd Thursday of each month <u>throughout the winter months.</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: www.balsallcommonlions.org</p>
<p>United Reform Church Station Road Knowle B93 0HN</p>	<p>Tuesday 10.00am - 12.00pm</p>	<p><u>Big Brew</u> 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

3rd 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. 1st class free!

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

2nd
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>St Peter's Church continued</p>	<p>Tuesday 11.00am – 12.00pm</p> <p>Thursday 11.00am - 12.00pm</p>	<p>Chair yoga & meditation. Good for those with an injury, joint or mobility issues.</p> <p>Gentle yoga targeted towards over 55's, those with injury or returning to exercise.</p> <p>Contact Jaime</p> <p>08970 686 712</p>

<p>Memories Coffee & Chat Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL</p>	<p>1st 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><u>Paracise Exercise Club</u> 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 dawn@risehealthandfitness.co.uk</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

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@moveitorloseit.co.uk)

Age UK Solihull

Lunch Club

Red Lion

1672 High Street

Knowle

Solihull

B93 0LY

Thursday
12.00pm -
2.30pm

A lunch club for over 65's run by Age UK Solihull staff & volunteers.

A hot meal and wonderful company!

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

0121 704 7811 or email

activities@ageuksolihull.org.uk

Pop Voices Adult Choir

Knowle British

Legion

1611 Warwick

Road

Knowle

B93 9LU

Thursday
10.30am -
12.00 pm

For adults of all ages & abilities.

Email

info@pop-voices.co.uk

<p>Ye Olde Knowle Bowling Club Grange Road Dorridge B93 8QA</p>	<p>Ring for days & 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 birchmerehouse.csm@averyhealthcare.co.uk</p>

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

1st 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

Maples Day
Opportunity
South
Park View
Building
Monkspath Hall
Road
Solihull
B91 3LU

Tel: 0121 704 7499

Email:

info.parkview@solihull.gov.uk

Older people
including those
living with
dementia.

Monday -
Friday

Star & Garter
Day Centre
(Veterans only)
Tudor Coppice
Monkspath Hall
Road
Solihull
B91 3DE

Tel: 0808 281 5068

Email:

solihull.enquiries@starandgarter.org

Website:

www.starandgarter.org/

Veterans only.

Meet new
people, have
wonderful food
and enjoy
entertainment.

Monday,
Tuesday,
Wednesday &
Friday

<p>Colebrook Day Centre 291 Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>Please phone for more details</p> <p>0121 717 1682 or 0121 717 1683</p>	<p>Older people. Social & leisure activities.</p>
<p>Shepherdson Court Day Centre 7 Damson Parkway Solihull B91 2PP</p>	<p>Tel: 0121 711 4266</p> <p>Email: daycentremanager@raynerhouse.co.uk</p> <p>Website: https://raynerhouse.co.uk/our-care-portfolio/sheps-day-care-centre</p>	<p>Bookings accepted Monday - Friday from external visitors aged 60 and over who need some company, mental stimulation, and a change of scene.</p>

<p>Willow Grange Care Home 119 St Bernards Road Solihull B92 7DH</p>	<p>Tel: 0121 708 0804</p> <p>Email: info@willowgrangecarehome.co.uk</p> <p>Website: www.willowgrangecarehome.co.uk/</p>	<p>Social activities for older people</p>
<p>The Blanning Day Centre Winster Avenue Dorridge Solihull B93 8ST</p>	<p>Tel: 01564 771 179</p> <p>Email: enquiries@familycaretrust.co.uk</p> <p>Website: www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/</p>	<p>Providing specialist care and support for people with memory problems, such as Alzheimer's, strokes, Parkinson's and other mental health problems.</p>

<p>Rose Cottage Care Farm Stratford Road Hockley Heath Solihull B94 5NH</p>	<p>Tel: 07711 372 795</p> <p>Website: www.rosecottage.care</p>	<p>Person-centred care for people age 16+ with additional needs and dementia. Activities such as gardening, cooking arts & crafts. Transport available.</p>
<p>Prince of Wales Nursing Home 246 Prince of Wales Lane Solihull Lodge Birmingham West Midlands B14 4LJ</p>	<p>Please phone for more details</p> <p>0121 436 6464</p> <p>Lisa Fielding Wellbeing Activity Co-ordinator</p>	<p>Companionship, a free meal and / or join in with an activity.</p>