



Clubs List

Updated November 2021

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

Solihull Council has listings of clubs and organisations on their website www.solihull.gov.uk or call in to Solihull Connect.

Age UK Solihull holds the following clubs: The Red Lion Lunch Club in Knowle, The Taverner's Lunch Club at The Olton Tavern, The Marston Green Tavern Lunch Club and the Wednesday Afternoon Club at Moseley Cricket Club. See the following pages for more information. Contact our Linking People Together Team on 0121 704 7846 before attending.

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

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

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

Striders and Strollers hold Walks for Health in Solihull, Shirley, Dorridge, Chelmsley Wood and Kingshurst. For details of local walks contact Leisure Services on 0121 704 8201.

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

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

Section One – Solihull

Club	Day	Details
Silhill Bridge Club St Helens Church St Helens Road Solihull B91 2DA	Mondays 7pm Wednesdays 1.30pm	Anyone of a reasonable standard. Contact John Adams on 01564 782 232
Solihull Lions Club Hobs Meadow Pub Solihull B92 8ED	3 rd Thursday of the month at 7.30pm	All ages Contact Steven Walker 0121 711 1318
Solihull Stroke Group Oliver Bird Hall Solihull B91 3RQ	Thursdays 10.00am – 12.00pm Prior arrangement with Marian only	Everyone affected by stroke - Contact Marian Disbery 01676 534 944
Cameo Club St Helens Church St Helens Road Solihull B91 2DA	1 st Wednesday of each month at 2pm	Talks, film shows, rambles and social events - Contact Mrs Carole Davies 0121 711 1919

<p>Macular society St Augustines Church Hall Herbert Road Solihull B91 3QE</p>	<p>1st Thursday of each month at 2pm</p>	<p>Outings, talks and general catch up Contact Dawn Dawson 01564 772 265</p>
<p>Park View Day Centre Monkspath Hall Road Solihull B91 3LU</p>	<p>Please phone for details</p>	<p>Mixed Ages with Learning Disability or Dementia. Contact Emma Berry (Manager) 0121 704 7499</p>
<p>Star & Garter Club for Veterans & Partners Tudor Coppice Monkspath Hall Road Solihull B91 3DE</p>	<p>For People with nursing needs & Dementia From Autumn 2021 Please phone for details</p>	<p>For good company, wonderful food with activities/entertainment in homely surroundings. 3 course lunch & transport available Contact 0121 711 6330</p>
<p>Gentle Chair Yoga The Core Theatre Square Solihull B91 3RG</p>	<p>Wednesday 11.30 Friday 11.45 Pre booking essential by phone or online via <a href="http://www.thecoreheat
resolihull.co.uk">www.thecoreheat resolihull.co.uk</p>	<p>Exercises that promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including people living with Parkinson's or Dementia Contact 0121 704 6962</p>
<p>Tai Chi The Core Theatre Square Solihull B91 3RG</p>	<p>Friday 09.15 Pre booking essential by phone or online via <a href="http://www.thecoreheat
resolihull.co.uk">www.thecoreheat resolihull.co.uk</p>	<p>Gentle movement to improve balance, coordination & posture. Contact 0121 704 6962</p>

<p>Keep Fit Club Olton Scout Hut Brackleys Way Solihull B92 8QF</p>	<p>Mondays & Wednesdays 11.00am – 12.00pm</p>	<p>Over 50's Those with mobility problems can do seated exercises Contact Carol Beard 0121 705 8364</p>
<p>Stepping Out Dance Class The Core Theatre Square Solihull B91 3RG</p>	<p>Mondays 1.30pm Pre booking essential by phone or online via www.thecoreheatresolihull.co.uk</p>	<p>Gentle dance for over 50s - discovering world dance styles and all dance eras. This class is great fun and a chance to meet new friends. Contact 0121 704 6962</p>
<p>Striders and Strollers Step into Solihull Active Solihull</p>	<p>Walks on various days and venues across the whole borough of Solihull</p>	<p>Each walk lasts one hour and is led by volunteer walk leaders and finishes with a cup of tea (shorter walks available) Contact Solihull Active Team 0121 704 8207 https://www.solihullactive.co.uk/walking-in-solihull</p>
<p>Hatha Yoga The Core Theatre Square Solihull B91 3RG</p>	<p>Various days & times Pre booking essential by phone or online via www.thecoreheatresolihull.co.uk</p>	<p>Hatha is a subtle classical yoga which incorporates various postures and is deepened with the use of breathing exercises and meditation. Contact 0121 704 6962</p>

<p>Balance, Strength and Mobility Classes Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Thursdays 1.00 – 2.00pm</p>	<p>Improve balance, get stronger and fitter. Make new friends. Contact Dave Montgomery 07709 654 184</p>
<p>Balance, Strength and Mobility Classes Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Mondays 1.00 – 2.00pm</p>	<p>Improve balance, get stronger and fitter. Make new friends. Contact Sharon Greenway 07891 446 364</p>
<p>Solihull Synagogue Club 3 Monastery Drive Solihull B91 1DW</p>	<p>Thursdays 12.00 Noon</p>	<p>Meeting with a 3 course meal & entertainment for Over 60's Contact Graham Stone 0121 679 5267 or 07889 464583</p>
<p>Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>Wednesdays 10.00am – 11.00am & 11.00am – 12.00pm</p>	<p>To help mobility particularly if you have arthritis and/or osteoporosis 0121 705 7367</p>

<p>Spring Steps 1st Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30 – 2.30pm</p>	<p>Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Also offering wellbeing walks at Mill Pool. Always Contact Nora before attending on 07707 931 439 Or email Nora@Envolvewell.com</p>
<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Hampton Heath Club</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more info. www.solihullactive.co.uk/docspot-exercise-referral</p>
<p>Everyone Active Tudor Grange Leisure Centre Blossomfield Road B91 1NB</p>	<p>Various days and times</p>	<p>Social Table Tennis Social Badminton Low impact exercise Gentle Swim Session Tai Chi Contact 0121 705 6371 for more details</p>

<p>Moments United Reform Church 741 Warwick Road Solihull B91 3DG</p>	<p>Monday 10am-12pm</p>	<p>For support & encouragement for those with dementia in a relaxed atmosphere. Providing respite & advice for carers. Contact Elaine Jones 0121 744 6067</p>
<p>Friendship Café Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>3rd & 4th Friday's of each month 10.30</p>	<p>Coffee, smiles, cake & chat. All welcome. Donations appreciated. Contact Diane Webb 07478 001 759 0121 705 7367</p>
<p>Walking Football Solihull Football Center Brick Kiln Lane Solihull B91 3LD</p>	<p>Various days</p>	<p>Senior walking football sessions run by qualified coaches. The sessions are a great place to meet new people and improve your fitness & wellbeing. All sessions are booked online & then pay & play when you arrive, £5 non members & £4 members. Contact 0121 796 1330 or visit www.bookwhen.com/mpsports</p>
<p>Cameo Club St Helens Church St Helens Road, Solihull B91 2DA</p>	<p>1st Wednesday of each month 2pm</p>	<p>Talks, film shows, rambles and social events. Please contact Mrs Carole Davies 0121 711 1919 before attending.</p>

Fifties World	Various dates & locations in the Solihull Area Mondays 10.30	Coffee mornings and trips arranged. Contact Sue for more detail on 01564 829 830
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Section Two Shirley

Club	Day	Details
<p>Age UK Solihull Wednesday Afternoon Club Moseley Cricket Club Streetsbrook Rd Shirley B90 3PE</p> <p>(formerly held at St Margarets Church)</p>	<p>Wednesday 1.00-3.00pm</p>	<p>Run by Age UK Solihull volunteers. Over 65's various activities, tea & cake. Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email. befriending@ageuksolihull.org.uk</p> <p>Volunteer transport possibly available (waiting list)</p>
<p>Tuesday's Club Shirley Baptist Church 144 Stratford Road Shirley B90 3BD</p>	<p>Tuesdays</p> <p>Phone church office for more detail</p>	<p>For retired people to meet new people Activities & refreshments</p> <p>Church Office 0121 733 8089</p>
<p>The Welcome club Highfield Hall Highfield Road Hall Green Birmingham 28</p>	<p>Thursday Term time only 11.30am- 1.30pm</p>	<p>Meet new people, raffle, quizzes, gentle exercise, Bingo, skittles and sing a longs. Contact Jenny on 07757 433 355 Or 0121 777 4717</p>

<p>A Teacup & Handshake British Legion Parkgate Shirley B90 3GG</p>	<p>1st Friday of the month 10.30am - 12.30pm</p>	<p>Open to everyone, no need to book. British Legion outreach worker attends to support or advise if needed. Contact 0121 744 1631</p>
<p>BINGO LAYCA Community Centre Stretton Road Shirley B90 2RL</p>	<p>Wednesday 1pm – 2.30pm & Friday 7.30pm – 9pm</p>	<p>Full & Half Books available to purchase. 50p entrance fee with Tea, coffee & biscuits provided. Contact 0121 744 1445</p>
<p>Keep Dancing LAYCA Centre Stretton Road Shirley B90 2RL</p>	<p>Tuesday 1 – 2pm</p>	<p>Low impact dance moves from around the world. No partner needed. Contact Faye on 07984 423 534 or email on info@fayeconnordance.com</p>
<p>Striders and Strollers Step into Solihull Active Solihull</p>	<p>Walks on various days and venues across the whole borough of Solihull</p>	<p>Each walk lasts one hour and is led by volunteer walk leaders and finishes with a cup of tea (shorter walks available) Contact Solihull Active Team 0121 704 8207 https://www.solihullactive.co.uk/walking-in-solihull</p>

<p>Dementia Café Sunrise of Solihull 1 Worcester Way Off Dog Kennel Lane B90 4JX</p>	<p>4th Monday of every month (not bank holiday) & 1stThursday of every month 10.30-12.30pm</p>	<p>Socialise in a relaxed environment, meet new friends, ask any questions around memory loss & join in activities. All Free Must be pre booked by Contacting Jo on 0121 752 9211</p>
<p>Walking Netball & Football Beechcroft Multi-Sports Community Club Hall Green Birmingham B28 9ER</p>	<p>Various Days</p>	<p>Senior walking netball/football sessions & back to netball sessions run by qualified coaches Gemma & Gaynor, all equipment is provided. The sessions are a great place to meet new people and improve your fitness & wellbeing. All sessions are booked online & then pay & play when you arrive, £5 non members & £4 members. Contact 0121 796 1330 or visit www.bookwhen.com/mpsports</p>

<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Hampton Heath Club</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more info. www.solihullactive.co.uk/docspot-exercise-referral</p>
<p>Parkinson's Café Solihull Retirement Village Victoria Crescent Shirley Solihull B90 3LP Free parking at rear</p>	<p>Every other Thursday from 19th August 2021 10.30am - 1230pm</p>	<p>Come along for a chat over a cup of tea and get some information and advice from others affected by Parkinson's, partners ,friends , family, all are welcome. It's Free! More information enquiries@solihullparkinsons.org.uk www. Solihullparkinsons.org.uk</p>

Section Three – Olton/Elmdon

Club	Day	Details
<p>Striders and Strollers Step into Solihull Active Solihull</p>	<p>Walks on various days and venues accross the whole borough of Solihull</p>	<p>Each walk lasts one hour and is led by volunteer walk leaders and finishes with a cup of tea (shorter walks available) Contact Solihull Active Team 0121 704 8207 www.solihullactive.co.uk/walking-in-solihull</p>
<p>Solihull Society for the Physically Handicapped Elmdon Heath Community Centre Cornyx Lane Solihull B91 2SF</p>	<p>Last Wednesday of each month 7.00 -9.00pm</p>	<p>Social evening, entertainment, refreshments for £1 donation. Mainly older generation. Raffle. Yearly daytrip including hotel lunch. Taxi fares may be paid for Solihull residents. Contact Brian Hamer before attending on 07805 415 850</p>
<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Hampton Heath Club</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more info. www.solihullactive.co.uk/docspot-exercise-referral</p>

<p>Age UK Solihull The Taverners Lunch Club Olton Tavern Olton B92 8NU</p>	<p>Monday 12.00-4.00pm</p>	<p>Run by Age UK Solihull volunteers for the over 60's. Lunch & afternoon tea with entertainment. Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email befriending@ageuksolihull.org.uk</p>
<p>Solihull Stroke Club Olton Friary St Bernards Road Olton Solihull B92 7BL</p>	<p>Wednesdays</p>	<p>Everyone affected by stroke welcome. Contact Jodie 0121 314 5092 email Jodie.drust@stroke.org.uk or bsolteam@stroke.org.uk</p>
<p>The Jolly Club Smokey Barrells 1741 Coventry Road Sheldon B26 1DS (just outside Olton/Solihull)</p>	<p>Tuesday 12.00-3.00pm</p>	<p>Singer every week, bingo & refreshments. Bar is open. Day trips and holidays arranged. Just turn up -entrance fee £2 Contact Brian on 07592 550 115</p>

Section Four – North Solihull

Club	Day	Details
Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS	Tuesday 12.00 - 3.30-3.45pm	Lunch club run by Age UK Solihull staff & volunteers for the over 60's. Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email befriending@ageuksolihull.org.uk
Ascent Group St Anthony's Church Oakthorpe Drive Kingshurst B37 6HP	Thursday 1.30 – 3.00pm	Over 50's who are Christians. Bible study and friendship. Contact Barbara Bryam On 0121 681 4248
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Various days	Tuesday Line Dancing 10.00am (intermediate) & 11.30am Tuesday Friends in Retirement Sequence Dancing 1.30pm & 3.30pm 2nd & 4th Wednesday Castle Bromwich W.I. 2pm Contact 0121 747 7150

<p>POW'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>Various days</p> <p>Thursday, Friday & Saturdays</p>	<p>Monday Over 50's Art & Crafts 3.00-4.00 pm Wednesday Positive Action 4 Mental Wellbeing- phone for times Thursday Parents & Grandparents Chatta Natta group 10.00-11.00am</p> <p>Wellbeing massages & lunch</p> <p>Phone 07541 395 656 for more details on all POW's activities</p>
<p>Keep Fit Fordbridge Centre Nineacres Drive Chelmsley Wood B37 5DD</p>	<p>Thursday 1.30 – 3.30pm</p>	<p>Gentle joint exercise, some line dancing followed by a cuppa and a chat</p> <p>Sheila on 770 2432</p>
<p>Line Dancing Shard End Community Centre 170 Packington Ave Birmingham B34 7RD</p>	<p>Thursday 12 -1pm beginners 1-2pm advanced</p>	<p>Contact 0121 464 5485</p>
<p>Tea Dance St Anne's Church Bosworth Drive B37 5DP</p>	<p>Last Wednesday of the Month 1.30 – 3.30pm</p>	<p>Contact 0121 770 3283</p>

<p>Reading Café Marston Green Library, Land Lane Marston Green B37 7DQ</p>	<p>Monthly – Thursday 10.30am– 12.00pm <u>Phone for dates</u></p>	<p>FREE Refreshments provided Contact 0121 779 2131</p>
<p>Movie Nights Marston Green Parish Hall Elmdon Road Marston Green B37 7BT</p>	<p>Various Dates</p>	<p>Tickets include free cup of popcorn Contact 07908 211 576 Or visit www.marstongreenparish hall .co.uk</p>
<p>Doc Spot Solihull Active operates at North Solihull Sports Centre & Smiths Wood Community Gym</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more information.</p>
<p>St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BX</p>	<p>Monday</p>	<p>Cornerstone Bible Fellowship 10.30 - 11.45am Fortnightly from 11/10/21</p> <p>Craft Group 1.30pm Fortnightly from 4/10/21</p> <p>Contact 0121 748 5550</p>

<p>Moorfield Community Centre Hartshill Road Birmingham B34 6QX</p>	<p>Various Days</p>	<p>Monday 11.00am – 2.00pm Step On Class Tuesday 1.00 – 3.00pm Arts & Crafts Wednesday 12.00-2.00pm Lunch Club Thursday 10.00 - 11.30am Coffee Morning Thursday 11.30-12.30pm Exercise Class with tea & biscuits at 12.30 Contact 0121 270 3311</p>
<p>The Wellbeing Community Choir Fordbridge Centre Nineacres Drive Fordbridge B37 5DD</p>	<p>Monday 5.30-7.00pm</p>	<p>Free to join but a donation of £4 per session if you can afford to do so. Turn up & ask for Martin Trotman or Contact Keely on 07841924289 or thewellbeingchoir@outlook.com</p>
<p>Striders and Strollers Step into Solihull Active Solihull</p>	<p>Walks on various days and venues accross the whole borough of Solihull</p>	<p>Each walk lasts one hour and is led by volunteer walk leaders and finishes with a cup of tea (shorter walks available) Contact Solihull Active Team 0121 704 8207 www.solihullactive. co.uk/walking-in-solihull</p>

<p>Mid-Week Minglers St Barnabas Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Wednesday 9.30 – 11.30am</p>	<p>Any age Chat, dominoes, fund raising. Tea & coffee. Contact Sindy Davison 0121 770 6152</p>
<p>Mental Health Pop In The Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP</p>	<p>Every other Monday From 6/9/21 10.30am – 12.30pm</p>	<p>All welcome for a chat and refreshments Contact Debbie or Helen on 0121 582 0767</p>
<p>Young at Heart Programme North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Various days & times</p>	<p>Activities including: Short Mat Bowling Multi Activities inc. swim Low Impact Exercise Tai Chi Social Badminton Water Mobility</p> <p>Always phone the Centre before attending a class on 0121 770 3822</p>
<p>The Jolly Club at Kingshurst District & Labour Club Clopton Crescent Chelmsley Wood B37 6QU</p>	<p>Thursday 12.00-3.00pm</p>	<p>Singer every week, bingo & refreshments. Bar is open. Day trips and holidays arranged. Just turn up -entrance £2</p> <p>Contact Brian on 07592 550 115</p>

<p>Evergreens Social Group Marston Green Parish Hall Elmdon Road Marston Green B37 7BT</p>	<p>Thursday 10am -12 Noon</p>	<p>Over 50's club. Talks & activities. Chat and refreshments.</p> <p>Contact Michael Taylor before attending & to check entrance fees/subs.</p> <p>0121 779 4506</p>
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Section Five – Rural Solihull		
Club	Day	Details
Ladies Circle Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Wednesday 11.00am	Ladies living locally meet for a coffee & a chat. Every fourth week there will be singing, speakers or games. Contact Betty Willmer or Joan Pulley on 01564 205121 or see www.dorridgemethodist.org.uk
Inspire at St Philips St Philips Church Centre Dorridge B93 8NY	1 st & 3 rd Monday of each month 7.30pm	All ages welcome to this church based social group. Caring for each other. Contact Kitty Grundy on 01564 773920
St Phillips & St James Friendship Group St Philips Church Centre Dorridge B93 8NY	2 nd Saturday of each month 2.30pm	Social group with afternoon tea. Regular speakers & good company. Contact Helen Bragg on 01564 775358

<p>Club 'K' Lady Katherine Leveson The Old Hall Fen End Road West Temple Balsall B93 0AN</p>	<p>Thursday 1 – 3pm</p>	<p>Run by volunteers for the over 60's. Afternoon tea and biscuits. Opportunity to make new friends. Small friendly group. Contact Lorraine Mullard on 0121 745 9035 or 07709 500781 Or email stuartmullard@yahoo.co.uk</p>
<p>Age UK Solihull Friendship Lunch Club Red Lion Pub 1672 High Street Knowle B93 0LY</p>	<p>Thursday 12 – 2.30pm</p>	<p>Run by Age UK Solihull staff & volunteers for over 60's. Socialise and enjoy a hot meal. Various activities. Cost £8 (£5 for meal & tea or coffee, £3 for activities) To check or register your place contact Age UK Solihull, Linking People Together on 0121 704 7846 befriending@ageuksolihull.org.uk</p>
<p>The Blanning Day Centre Winster Avenue Dorridge B93 8ST</p>	<p>Monday - Friday</p>	<p>3 Course Lunch and Activities. 3 Band charges after manager assessment. Contact 01564 771179</p>

<p>Knit & Natter Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Monday of the month 1.30 – 3.00pm</p>	<p>Contact Jenny on 01564 772 268</p>
<p>Tai Chi Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Monday 10.30 – 11.30am also Thursday 10.00 – 11.15</p>	<p>Contact Jan Wilson on 07808557837</p>
<p>EXTEND Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Tuesday 10.00 – 11.00am & 11.15am- 12.15pm</p>	<p>Gentle exercise for the older person to challenge fitness levels. Can be done seated Contact Jenny on 01564 772268</p>
<p>Striders and Strollers Step into Solihull Active Solihull</p>	<p>Walks on various days and venues across the whole borough of Solihull</p>	<p>Each walk lasts one hour and is led by volunteer walk leaders and finishes with a cup of tea (shorter walks available) Contact Solihull Active Team 0121 704 8207 www.solihullactive.co.uk/walking-in-solihull</p>

<p>Pilates Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 9.40 – 10.30am</p>	<p>Contact Vicky on 07971 850711</p>
<p>F I R S Art Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 1.00 – 4.00 pm</p>	<p>Contact Ross on 01564 739129</p>
<p>Keep Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 11.30am – 12.30pm</p>	<p>Over 50's low impact dance steps from around the world. No partner needed. Contact Faye on 07984 423 534</p>
<p>Line Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 2.00 – 3.30pm</p>	<p>Contact Mavis on 07714 771 048</p>

<p>Dorridge & District Gardening Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Thursday of the month at 7.30pm <u>only certain months</u></p>	<p>Contact Alan on 01564 773128 for more info. or check www.ddgc.org.uk</p>
<p>Solihull RSPB Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Thursday of the month at 7.30pm <u>only certain months</u></p>	<p>Contact John on 0121 707 3101</p>
<p>The Cottage Garden Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Saturday of month at 2.30pm <u>Only certain months</u></p>	<p>Contact Margaret Lane for more info on 01564 783475</p>
<p>South Devon Railway Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Last Thursday of the month at 8.00pm <u>Only certain months</u></p>	<p>Contact Roger Inwood on 0121 704 9764</p>

<p>The Hardy Plant Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Saturday of month at 2.30pm <u>only certain months</u></p>	<p>Contact Jean Dance for more info on 01926 842374 or email wmids@hardy-plant.org.uk Also see website www.hpswestmids.org.uk</p>
<p>The Café Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Saturday of the month 10.00 – 12.00am</p>	<p>All welcome</p>
<p>Jubilee Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Sunday at 7.30pm</p>	<p>Bingo and social. Contact Cliff on 07976 236 141</p>
<p>Knowle knitwits The Guildhall (next to Church) High Street Knowle B93 0LN</p>	<p>4th Monday in the month 2.00 - 4.00pm</p>	<p>Knitting or tapestry. Wool, needles & patterns supplied for charity knitting or bring your own but no experience needed. £2 voluntary donation. Chat & coffee. Contact Judy Townsley 01564 774413 or email judyandmike@btinternet.com</p>

<p>Big Brew United Reform Church Station road Knowle B93 0HN</p>	<p>Tuesday 10.00 – 12.00am</p>	<p>A place to meet for coffee, tea, cake and a chat. No charge just a small donation towards refreshments. Contact Graham Tall on 01564 775 527 or email on grahamtall@knowleurc.org.uk</p>
<p>Pickleball Bentley Heath Tennis Courts next to Community Centre Widney Rd Bentley Heath, Solihull B93 9BQ</p>	<p>Monday & Wednesday 1 – 3pm (outside)</p>	<p>A sport for all ages, combines elements of tennis, badminton & table tennis. All equipment is provided but trainers or tennis shoes are required.</p> <p>Contact Bob 07890 996 716</p>
<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre & Hampton Heath Club</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more info. www.solihullactive.co.uk/docspot-exercise-referral</p>

<p>Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>Various Days</p>	<p>Several clubs & activities to suit older people including: Memories Dementia Café University of 3rd Age Groups Friends in Retirement Group Retired Keep Fit Class Circle Dancing Class</p> <p>Please contact Jackie Tomnie for more detail on 01676 533315 or email enquiries@balsallcommonvillagehall.org.uk</p> <p>Or see website www.balsallcommonvillagehall.org.uk</p>
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