



# Clubs List

Updated October 2022

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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](http://www.solihull.gov.uk) or call in to Solihull Connect.

Age UK Solihull holds the following clubs: The Red Lion Lunch Club in Knowle, The 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 7811 or 0121 704 7846 before attending.

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

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

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

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

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

## Section One – Solihull

Club	Day	Details
Silhill Bridge Club St Helens Church St Helens Road Solihull B91 2DA	Mondays 7pm Wednesdays 1.30pm	Anyone of a reasonable standard. Contact John Adams on 01564 782 232
Solihull Lions Club Hobs Meadow Pub Solihull B92 8ED	3 <sup>rd</sup> 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 <sup>st</sup> Wednesday of each month at 2pm	Talks, film shows, rambles and social events - Contact Mrs Carole Davies 0121 711 1919
Macular society St Augustines Church Hall Herbert Road Solihull B91 3QE	1 <sup>st</sup> Thursday of each month at 2pm	Outings, talks and general catch up Contact Dawn Dawson 01564 772 265

<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 www.thecorethe at 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 www.thecorethe at resolihull.co.uk</p>	<p>Gentle movement to improve balance, coordination &amp; posture. Contact 0121 704 6962</p>
<p>Keep Fit Club Olton Scout Hut Brackleys Way Solihull B92 8QF</p>	<p>Mondays &amp; Wednesdays 11.00am – 12.00pm</p>	<p>Over 50's 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.thecorethe at resolihull.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 <a href="https://www.solihullactive.co.uk/walking-in-solihull">https://www.solihullactive.co.uk/walking-in-solihull</a></p>
<p>Hatha Yoga The Core Theatre Square Solihull B91 3RG</p>	<p>Various days &amp; times Pre booking essential by phone or online via <a href="http://www.thecoretheatre.co.uk">www.thecoretheatre.co.uk</a></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>Gradual Movability Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Thursdays 1.00 – 2.00pm</p>	<p>Improve &amp; maintain muscle strength, balance and stability. Gradually increase mobility &amp; physical functions with physiotherapy based exercise.  Contact Nora on 07707 931 439 or email <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a> before attending.</p>
<p>Balance, Strength and Mobility Class 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 &amp; entertainment for Over 60's  Contact Rabbi or Mrs. Pink on 0121 707 5199</p>
<p>Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>Wednesdays 10.00–11.00am &amp; 11.00-12.00pm</p>	<p>To help mobility particularly if you have arthritis and/or osteoporosis  0121 705 7367</p>
<p>Spring Steps 1<sup>st</sup> Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30 – 2.30pm</p>	<p>Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Also offering wellbeing walks at Mill Pool. Always Contact Nora before attending on 07707 931 439 Or email <a href="mailto:Nora@Envolvewell.com">Nora@Envolvewell.com</a></p>
<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre &amp; Hampton Heath Club</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more info. <a href="http://www.solihullactive.co.uk/docspot-exercise-referral">www.solihullactive.co.uk/docspot-exercise-referral</a>.</p>
<p>Everyone Active Tudor Grange Leisure Centre Blossomfield Road B91 1NB</p>	<p>Various days and times</p>	<p>Social Table Tennis Social Badminton Low impact exercise Gentle Swim Session Tai Chi Cycling Contact 0121 705 6371 for details.</p>

<p>Moments United Reform Church 741 Warwick Road Solihull B91 3DG</p>	<p>Monday 10am-12pm</p>	<p>For support &amp; encouragement for those with dementia in a relaxed atmosphere. Providing respite &amp; advice for carers. Contact Elaine Jones 0121 744 6067</p>
<p>Friendship Café Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>3<sup>rd</sup> &amp; 4<sup>th</sup> Friday's of each month 10.30</p>	<p>Coffee, smiles, cake &amp; chat. All welcome. Donations appreciated. Contact Diane Webb 07478 001 759 0121 705 7367</p>
<p>Walking Football Solihull Football Center Brick Kiln Lane Solihull B91 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 &amp; wellbeing. All sessions are booked online &amp; then pay &amp; play when you arrive. Contact 0121 796 1330 or visit <a href="http://www.bookwhen.com/mpsports">www.bookwhen.com/mpsports</a></p>
<p>Fifties World</p>	<p>Various dates &amp; locations in the Solihull Area Mondays 10.30</p>	<p>Coffee mornings and trips arranged. Contact Sue for more detail on 01564 829 830</p>
<p>Solihull Pensioners Convention Solihull Methodist Church Hall Station Approach Solihull B91 1LE</p>	<p>4<sup>th</sup> Wednesday of the month 11am – 1pm (Except Aug &amp; Dec)</p>	<p>Promoting the welfare of older people in Solihull &amp; surrounding area. Activities &amp; talks on subjects of interest to older people. Contact Alan Thomas on 0121 705 3342</p>

<p>Memory Café  Family Center rear of  Solihull Renewal Church  Lode Lane  Solihull  B912JR</p>	<p>Friday at 10am  Monthly from  10 June 2022</p>	<p>Support for those with dementia and their carers. This group creates a huge sense of belonging, love &amp; togetherness.  Respite &amp; refreshments at a small charge.  No need to book.  Contact 0121 711 7300 or mail <a href="mailto:hello@renewalcc.com">hello@renewalcc.com</a></p>
<p>Womens Walking Football  Solihull moors F.C.  ARMCO Arena  Damson Parkway  Solihull  B91 2PP</p>	<p>Tuesday  1 pm – 2 pm</p>	<p>Over 50's keep fit through various football activities and games.  Contact Richard on 07931 734 443  Or email <a href="mailto:Richard.steeples@solihullmoorsfc.co.uk">Richard.steeples@solihullmoorsfc.co.uk</a></p>



## 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 &amp; cake. Register your place by contacting Age UK Solihull, Linking People Together Service, Clubs &amp; Activities 0121 704 7811 or 0121 704 7846 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p> <p>Volunteer transport possibly available (waiting list)</p>
<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 &amp; 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 &amp; Handshake British Legion Parkgate Shirley B90 3GG</p>	<p>1<sup>st</sup> 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 &amp; Friday 7.30pm – 9pm</p>	<p>Full &amp; Half Books available to purchase. small 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 <a href="mailto:info@fayeconnordance.com">info@fayeconnordance.com</a></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 <a href="https://www.solihullactive.co.uk/walking-in-solihull">https://www.solihullactive.co.uk/walking-in-solihull</a></p>
<p>Dementia Café Blossomfield Grange Care Home Formerly Sunrise of Solihull 1 Worcester Way Off Dog Kennel Lane B90 4JX</p>	<p>4<sup>th</sup> Monday of every month (not bank holiday) &amp; 1<sup>st</sup>Thursday of every month 10.30-12.30pm</p>	<p>Socialise in a relaxed environment, meet new friends, ask any questions around memory loss &amp; join in activities. All Free Must be pre booked by Contacting Jo on 0121 752 9211</p>

<p>Walking Netball &amp; Football Beechcroft Multi-Sports Community Club Hall Green Birmingham B28 9ER</p>	<p>Various Days</p>	<p>Senior walking netball/football sessions &amp; back to netball sessions run by qualified coaches Gemma &amp; Gaynor, all equipment is provided. The sessions are a great place to meet new people and improve your fitness &amp; wellbeing. All sessions are booked online &amp; then pay &amp; play when you arrive, £5 non members &amp; £4 members. Contact 0121 796 1330 or visit <a href="http://www.bookwhen.com/mpsports">www.bookwhen.com/mpsports</a></p>
<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre &amp; Hampton Heath Club</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more info. <a href="http://www.solihullactive.co.uk/docspot-exercise-referral">www.solihullactive.co.uk/docspot-exercise-referral</a></p>
<p>Parkinson's Café Solihull Retirement Village Victoria Crescent Shirley Solihull B90 3LP  Free parking at rear</p>	<p><u>Every other</u> Thursday from 16 June 2022 10.30am - 1230pm  Please phone to check dates.</p>	<p>Come along for a chat over a cup of tea and get some information and advice from others affected by Parkinson's, partners ,friends , family, all are welcome. It's Free!  Contact 07377987018 or email <a href="mailto:enquiries@solihullparkinsons.org.uk">enquiries@solihullparkinsons.org.uk</a> <a href="http://www.Solihullparkinsons.org.uk">www. Solihullparkinsons.org.uk</a></p>

<p>Paracise Exercise Club Solihull Retirement Village Victoria Crescent Shirley Solihull B90 3LP</p> <p>Free parking at rear</p>	<p>Monday 11.00-11.45am</p>	<p>Movement to music. Suitable for everyone. No floor work. Gentle on joints. Improves posture, balance and mobility.</p> <p>Contact Dawn on 07532 160 610 or email <a href="mailto:dawn@risehealthandfitness.co.uk">dawn@risehealthandfitness.co.uk</a></p>
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## Section Three – Olton/Elmdon

Club	Day	Details
<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>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 &amp; Hampton Heath Club</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more info. www.solihullactive.co.uk /docspot-exercise-referral</p>
<p>Age UK Solihull The Taverners Lunch Club Olton Tavern Olton B92 8NU</p>	<p>Monday 12.00-3.45pm</p>	<p>Run by Age UK Solihull volunteers for the over 60's. Lunch &amp; afternoon tea with entertainment. Register your place by contacting Age UK Solihull, Linking People Together Service, Clubs &amp; Activities 0121 704 7811 or 0121 704 7846 or email activities@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>Community Group for Older People  Lyndon Pub  190 Barn Lane  Olton  Solihull  B92 7LY</p>	<p>Thursday  10 -12am</p>	<p>Social group of approx. 30 people  Tea, coffee &amp; cake £1 per week.   Stay for a pub meal with other members afterwards if you like.   Just turn up or phone pub on 0121 743 2179</p>
<p>Primetime Exercise &amp; Social Club  Hatchford Brook Golf &amp; Gym  Coventry Road  Birmingham  B26 3PY  (On A45 close to the airport)</p>	<p><u>Wednesday</u>  9.40 Circuits  10.30 Yoga  (Chair based)   <u>Friday</u>  9.30 Zumba</p>	<p>An exercise &amp; social club for over 60's.  Specially adapted exercise classes, book club, social games &amp; coffee.   Phone Becci on 020 3589 8387 for more information.</p>
<p>Wednesday Social Club  Yardley ExService Mens Club  328 Yardley Rd  Birmingham  B25 8LT  (On A45 at Swan Island)</p>	<p>Wednesday  12.00-3.00pm</p>	<p>Everyone welcome including non members.  Singer and Bingo  Contact Pat Smith for more details on 0121 706 0202 before 11am or leave a message &amp; she will return your call.</p>

## Section Four – North Solihull

Club	Day	Details
Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS	Tuesday 12.00-3.45pm	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, Clubs & Activities 0121 704 7811 or 0121 704 7846 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a>
Ascent Group St Anthony's Church Oakthorpe Drive Kingshurst B37 6HP	Thursday 1.30 – 3.00pm	Over 50's who are Christians. Bible study and friendship. Contact Barbara Bryam On 0121 681 4248
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Various days	<b>Tuesday</b> Line Dancing 10.00am (intermediate) & 11.30am <b>Tuesday</b> Friends in Retirement Sequence Dancing 1.30pm & 3.30pm <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday</b> Castle Bromwich W.I. 2pm Contact 0121 747 7150
POW's Community Project 14 Maple Walk Chelmsley Wood B37 5TS	Various days	<b>Monday</b> Over 50's Art & Crafts 3.00-4.00 pm <b>Wednesday</b> Positive Action 4 Mental Wellbeing- phone for times <b>Thursday</b> Parents & Grandparents Chatta Natta group 10.00-11.00am
Off the Street Retreat Lily's Tea Parlour Chelmsley Wood Shopping Centre	Thursday, Friday & Saturdays	Wellbeing massages & lunch  Phone 07541 395 656 for more details on all POW's activities

<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 Teresa 07873 570 583 Or St Annes on 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 <a href="http://www.marstongreenparish hall .co.uk">www.marstongreenparish hall .co.uk</a></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 &amp; ask for Martin Trotman or Contact Keely on 07841924289 or <a href="mailto:thewellbeingchoir@outlook.com">thewellbeingchoir@outlook.com</a></p>



<p>Doc Spot Solihull Active operates at North Solihull Sports Centre &amp; Smiths Wood Community Gym</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more information.</p>
<p>St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BX</p>	<p>Monday</p> <p>Thursday</p>	<p><b>Cornerstone Bible Fellowship</b> 10.30 - 11.45am Fortnightly</p> <p><b>Craft Group</b> 1.30pm Fortnightly</p> <p><b>The Oasis Forget Me Not Café</b> 1.00 – 2.30pm 4<sup>th</sup> week of each month. For people with memory loss &amp; their carers. Refreshments, board games etc. For more information contact 0121 748 5550</p>
<p>Moorfield Community Centre Hartshill Road Birmingham B34 6QX</p>	<p>Various Days</p>	<p><b>Monday</b> 11.00am – 2.00pm Step On Class</p> <p><b>Tuesday</b> 1.00 – 3.00pm Arts &amp; Crafts</p> <p><b>Wednesday</b> 12.00-2.00pm Lunch Club</p> <p><b>Thursday</b> 10.00 - 11.30am Coffee Morning</p> <p><b>Thursday</b> 11.30-12.30pm Exercise Class with tea &amp; biscuits at 12.30</p> <p>Contact 0121 270 331</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 <a href="http://www.solihullactive.co.uk/walking-in-solihull">www.solihullactive.co.uk/walking-in-solihull</a></p>
<p>Mid-Week Minglers St Barnabas Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Wednesday 9.30 – 11.30am</p>	<p>Any age Chat, dominoes, fund raising. Tea &amp; 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 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 &amp; 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 &amp; Labour Club Clopton Crescent Chelmsley Wood B37 6QU</p>	<p>Thursday 12.00-3.00pm</p>	<p>Singer every week, bingo &amp; 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>Tuesday 10am -12 Noon</p>	<p>Over 50's club. Talks &amp; activities. Chat and refreshments.</p> <p>Contact Michael Taylor before attending &amp; to check entrance fees/subs.</p> <p>0121 779 4506</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 every month 12 – 3pm</p>	<p>Entertainment and games for those with memory loss and their carers. Please contact 01675 464 634</p>

## 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 <a href="http://www.dorridgemethodist.org.uk">www.dorridgemethodist.org.uk</a>
Inspire at St Philips St Philips Church Centre Dorridge B93 8NY	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of each month 7.30pm	All ages welcome to this church based social group. Caring for each other. Contact Kitty Grundy on 01564 773920
St Phillips & St James Friendship Group St Philips Church Centre Dorridge B93 8NY	2 <sup>nd</sup> Saturday of each month 2.30pm	Social group with afternoon tea. Regular speakers & good company.  Contact Helen Bragg on 01564 775358
Club 'K' Lady Katherine Leveson The Old Hall Fen End Road West Temple Balsall B93 0AN	Thursday 1 – 3pm	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 <a href="mailto:stuartmullard@yahoo.co.uk">stuartmullard@yahoo.co.uk</a>

<p>Age UK Solihull Friendship Lunch Club Red Lion Pub 1672 High Street Knowle B93 0LY</p>	<p>Thursday 12 – 2.30pm</p>	<p>Run by Age UK Solihull staff &amp; volunteers for over 60's. Socialise and enjoy a hot meal. Various activities. Cost £8 (£5 for meal &amp; tea or coffee, £3 for activities) To check or register your place contact Age UK Solihull, Linking People Together Service, Clubs &amp; Activities 0121 704 7811 or 0121 704 7846 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p>
<p>Knit &amp; Natter Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> 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 &amp; 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 <a href="http://www.solihullactive.co.uk/walking-in-solihull">www.solihullactive.co.uk/walking-in-solihull</a></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 &amp; District Gardening Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2<sup>nd</sup> Thursday of the month at 7.30pm <u>only certain months</u></p>	<p>Contact Alan on 01564 773128 for more info. or check <a href="http://www.ddgc.org.uk">www.ddgc.org.uk</a></p>
<p>Solihull RSPB Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> 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>1<sup>st</sup> 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>2<sup>nd</sup> Saturday of month at 2.30pm <u>only certain months</u></p>	<p>Contact Jean Dance for more info on 01926 842374 or email <a href="mailto:wmids@hardy-plant.org.uk">wmids@hardy-plant.org.uk</a> Also see website <a href="http://www.hpswestmids.org.uk">www.hpswestmids.org.uk</a></p>

<p>The Café Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> 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>4<sup>th</sup> Monday in the month 2.00 - 4.00pm</p>	<p>Knitting or tapestry. Wool, needles &amp; patterns supplied for charity knitting or bring your own but no experience needed. £2 voluntary donation. Chat &amp; coffee. Contact Judy Townsley 01564 774413 or email judyandmike@btinternet.com</p>
<p>Big Brew United Reform Church Station road Knowle B93 0HN</p>	<p>Tuesday 10.00 – 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>Move It Or Lose It United Reform Church Station road Knowle B93 0HN</p>	<p>Thursday 1.30pm</p>	<p>Fun &amp; friendly seated or standing class to improve balance, confidence, mobility, flexibility, strength &amp; independence. 1st class free of charge. Contact Liz Gavin on 07962 035 744 or email on Liz.gavin@moveitorloseit.co.uk</p>



<p>Pickleball Bentley Heath Tennis Courts next to Community Centre Widney Rd Bentley Heath, Solihull B93 9BQ</p>	<p>Monday &amp; Wednesday 1 – 3pm (Outside)</p>	<p>A sport for all ages, combines elements of tennis, badminton &amp; table tennis. All equipment is provided but trainers or tennis shoes are required.</p> <p>Contact Bob 07890 996 716</p>
<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre &amp; Hampton Heath Club</p>	<p>Session times &amp; prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more info. <a href="http://www.solihullactive.co.uk/docspot-exercise-referral">www.solihullactive.co.uk/docspot-exercise-referral</a></p>
<p>Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>Various Days</p>	<p>Several clubs &amp; activities to suit older people including: University of 3<sup>rd</sup> Age Groups Friends in Retirement Group Retired Keep Fit Class Circle Dancing Class Please contact Jackie Tomnie for more detail on 01676 533315 or email <a href="mailto:enquiries@balsallcommonvillagehall.org.uk">enquiries@balsallcommonvillagehall.org.uk</a></p> <p>Or see website <a href="http://www.balsallcommonvillagehall.org.uk">www.balsallcommonvillagehall.org.uk</a></p>

<p>Memories Dementia Café Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>2<sup>nd</sup> Wednesday of each month</p>	<p>For those living with dementia and their carers. Please contact Christine Hornsby on 01676 532 793 for more details before attending.</p>
<p>Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS</p>	<p>Various days &amp; times</p>	<p>Over 65's small group exercise including seated mobility, Pilates, Yoga, Mindfulness &amp; meditation and gentle dance aerobics. Please call Rob on 07740 289350 for more information or Email <a href="mailto:admin@triwellness.co.uk">admin@triwellness.co.uk</a></p>

## DAY CENTRES

<p>Park View Day Centre          Monkspath Hall Road          Solihull          B91 3LU</p>	<p>Please phone for more details          Contact Manager Emma Berry          0121 704 7499</p>	<p>Mixed Ages with          Learning &amp;          physical Disability          or Dementia.</p>
<p>Star &amp; Garter Day Centre          (Veterans only)          Tudor Coppice          Monkspath Hall Road          Solihull          B91 3DE</p>	<p>Please phone for more details          0121 711 6322          email  <a href="mailto:solihull.enquiries@starandgarter.org">solihull.enquiries@starandgarter.org</a>          Website          Starandgarter.org</p>	<p>Veterans only          Meet new people,          have wonderful          food and enjoy a          host of          entertainment.</p>
<p>Colebrook Day Centre          291 Bosworth Drive          Chelmsley Wood          B37 5DP</p>	<p>Please phone for more details          0121 717 1683</p>	<p>Older people.          Social &amp; leisure          activities</p>
<p>Shepherdson Court Day          Centre          7 Damson Parkway          Solihull          B91 2PP</p>	<p>Please phone for more details          0121 711 4266          email  <a href="mailto:daycentremanager@raynerhouse.co.uk">daycentremanager@raynerhouse.co.uk</a>          Website          Raynerhouse.co.uk</p>	<p>Daily activities,          weekdays for our          residents and          external visitors to          have a stimulating          and sociable          experience.</p>
<p>Willow Grange Care          Home          119 St Bernards Road          Solihull          B92 7DH</p>	<p>Please phone for more details          0121 708 0804          email  <a href="mailto:info@willowgrangecarehome.co.uk">info@willowgrangecarehome.co.uk</a>          Website          willowgrangecarehome.co.uk</p>	<p>Social activities for          older people</p>

<p>The Blanning Day Centre Winster Avenue Dorridge Solihull B93 8ST</p>	<p>Please phone for more details 01564 771 179 Email <a href="mailto:enquiries@familycaretrust.co.uk">enquiries@familycaretrust.co.uk</a> Website familycaretrust.co.uk/our- services/mental- health/dementia-day-centre- solihull</p>	<p>Providing specialist care and support for people with memory problems, such as Alzheimer's, strokes, Parkinson's and other mental health problems.</p>
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