What’s On – a guide to clubs and activities
By 2020, almost 57,000 people aged 65 plus will be living alone in Birmingham.

Ageing Better in Birmingham is working to reduce isolation for people over 50 in the city, by empowering and connecting individuals. We want Birmingham to be a city that is great to grow older in, a place where people feel connected to their community and the people around them.

Ageing Together Week 22 – 28 January

We invite you to take part and raise awareness of isolation in Birmingham. Speak to your neighbours, start an activity, or take part in an existing one. This booklet shows you what’s happening across the city during the week – as well as who to contact and where to go. Join in the conversation on Twitter by using the #ATW18 hashtag and by following us on Twitter @AgeingBetterBHM

Isolation can be prevented. Together we can make a difference to people living in Birmingham.

If you would like to start a new initiative in your local area, our Ageing Better Fund can support your activity with up to £2,000. You don’t need to be a constituted group to apply, we encourage neighbours to get together to make a change.

To find out more about the Ageing Better in Birmingham programme; to find an activity that you can join during the year, or to start something new in your local community:

head over to www.ageingbetterinbirmingham.co.uk,
email us on ageingbetter@bvsc.org,
or call 01216788876
A guide to clubs and activities taking place throughout Ageing Together Week 2018:

Positive West Midlands
When: Monday 22 January 2018, 11:00am - 04:00pm
Where: PWM, 190 Corporation Street, Birmingham, B4 6QD
Contact: info@positivewestmidlands.co.uk
www.facebook.com/positivewestmidlands/

Positive West Midlands is a support group for people living with HIV & our supporters & volunteers. We provide social support and sign-post to other agencies. Come along, make new friends and share experiences over tea, coffee and biscuits. FREE for LGBT + allies of all ages. You are welcome to just turn up, contact us or visit our Facebook page for more details.

The Over Active Club
When: Monday 22 January 2018, 01:00pm - 03:00pm
Where: Falcon Lodge Community Centre, Church Hill Road, Sutton Coldfield, B75 7LB
Contact: 078 52577255

The Over active club is a community group designed with older people in mind. We play indoor bowls and card games while enjoying a hot drink, snacks and conversation. Long term friendships develop as a result of meeting new people and at times, trips and get-togethers are organised which we all contribute towards.

Married Men’s Group
When: Monday 22 January 2018, 06:00pm - 08:00pm
Where: Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham, B1 1EQ
Contact: mmgbham@hotmail.com

Married Men’s Group is for men who are attracted to men, but who are married to or in a relationship with a woman, or who have been previously. The group welcomes men of all ages from Birmingham and surrounding areas, for mutual support in a welcoming atmosphere, with free tea and coffee. You are welcome to just turn up, contact us or visit our Facebook page for more details.

Healthy Eating Club
When: Tuesday 23 January 2018
Where: Asian Elderly and Community Welfare Association, 51 Wright Street, Birmingham, B10 9RR
Contact: Mohamed or Syed 07971 832 376

Come and learn about what foods are healthy and which are not. Learn to cook simple healthy meals on a budget. We will prepare food together and enjoy it afterwards. Meet new people and learn how to eat healthy at the same time! Everyone welcome.
Women’s Beautiful Embroidery Club
When: Tuesday 23 January 2018
Where: Bangladeshi Women’s Resource Centre, 497 Coventry Road, Birmingham, B10 0JF
Contact: Parsia or Amina bwaamina@yahoo.co.uk, 0121 766 7990

This is an embroidery craftwork group that meets up every week. We will learn how to do embroidery on textiles, pillowcases, table clothes and furniture coverings. Everyone is welcome! Please get in touch for more information.

Creative Threads
When: Tuesday 23 January 2018 - 10:00am
Where: Onneley Centre, 109 Court Oak Road, Birmingham, B17 9AA
Contact: Rachel 07886 546 639

Join us on Tuesday mornings for Art and Crafts. No experience needed, beginners are welcome to join. £4 suggested donation to cover our costs so that we can continue to run these sessions. Please call Rachel to book your place.

The Cameo Club
When: Tuesday 23 January 2018, 10:00am - 12:00pm
Where: Erdington Six Ways Baptist Church, Wood end road, B24 8AD
Contact: 0121 3823005

The Cameo Club, or “Come and meet each other” are a group of mainly retired older people who meet on a weekly basis for exercise, quizzes and games as well as a monthly trip to somewhere further afield. Carers, friends and family members are welcome to attend. As some attendants have mobility issues, activities and trips are carefully planned to take the needs of all into account and a weekly contribution of £1 is collected towards the costs of running the club.

Annie Wood Golden Elders Group
When: Tuesday 23 January 2018, 10:30am - 02:30pm
Where: Newtown Community Centre, Birmingham, B19 2SW
Contact: 0121 3591219

We have been running for over 30 years in Birmingham and offer a chance for those over 50 mainly from within the Caribbean community to meet up and enjoy games of bingo and domino’s as well as coffee, tea and a chat on a weekly basis. An exercise session is also incorporated into the group for those who wish to take part.
Memory Lane
When: Tuesday 23 January 2018 - 10:30am
Where: Apna Ghar, 21 - 22 Clevedon Road, Birmingham, B12 9HD
Contact: Harmit 07735 024 278, yamlaharmit@gmail.com

We are a group for over 50s meeting at a day centre in Balsall Heath. We do workshops around reminiscence and memory and use photographs, songs and films to stimulate memories and encourage communication between peers and also games which will allow everyone to interact. Anyone over 50 welcome.

Rainbow Bridge
When: Tuesday 23 January 2018, 11:00am - 01:00pm
Where: Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham, B1 1EQ
Contact: rainbowbridgelgbt@yahoo.com
https://www.facebook.com/groups/787474638101615/

Rainbow Bridge has been set up to bridge the gaps between lesbian, gay, bi, trans and heterosexual communities, to enable them to find out more about each other and activities, groups and services which are of interest to them. We hold weekly networking coffee mornings to ‘break the ice’. So, if you’ve ever wanted to go to a group but felt nervous about not knowing anyone, have always wondered what is offered at Birmingham LGBT Centre but have never visited, or you are looking for a group or activity that is right for you – Rainbow Bridge is here! You are welcome to just turn up, contact us or visit our Facebook page for more details.

Beech Court Friends Club
When: Tuesday 23 January 2018, 01:00pm - 04:00pm
Where: Beech Court, Herrick Road, Birmingham, B8 1PH
Contact: 0121 3260013

Beech Court is a residential scheme in the Washwood Heath/Saltley area of the city and we organise a weekly friends club every Tuesday afternoon. All residents as well as their family members and friends are welcome to join in the activities and hot drinks and snacks are provided. With activities ranging from games, quiz and film afternoons to cooking for one as well as crafting sessions and a theatre production later in the year, there really will be something for everyone to enjoy.

Three Estates Disabled and Carers Support group
When: Tuesday 23 January 2018, 01:00pm - 03:00pm
Where: Hawkesley Community Centre, 51 Edgewood road, B38 9RN
Contact: 0121 3990122

T.E.D.S is a charity supporting disabled older members of the community, their carers and families in and around the Three Estates in Kings Norton, Birmingham. Based at Hawkesley community centre, there are Two weekly groups including extend exercise classes and refreshments on Tuesdays from 1-3pm as well as a ‘community bingo’ club every Thursday evening from 6-9pm.
Oscott Knit Natter and Craft Club
When: Tuesday 23 January 2018, 02:00pm - 04:00pm
Where: Oscott Community Centre, Birdbrook Rd, Birmingham, B44 9TY
Contact: 0121 437 0033

We are a friendly and relaxed group based in Great Barr that gets involved with a variety of projects from simple craft items to more complex pieces with materials and patterns provided. We help one another by sharing our skills over coffee and tea. Feel free to bring your own pieces along to complete, or start something new with us! All are asked to contribute £2 per week which is used to cover the costs of hiring the space and our hot drinks.

Balsall Heath Walking Club for Elders
When: Wednesday 24 January 2018
Where: Bahu Mosque, 17 - 21 Ombersley Road, Birmingham, B12 8UR
Contact: Shanaz or Emad 07707 212 613

Join our weekly walking group for over 50s. We do health checks at a local gym before setting out on gentle walks around Balsall Heath to places such as Canon Hill Park. Our meeting place is a room at the Bahu Trust Mosque and we enjoy some chat and refreshments afterwards. Come and join us, get fit and make new friends! Everyone welcome!

Liberate Yourself - Keep Fit Club for Women
When: Wednesday 24 January 2018
Where: Smart Women CIC (Copy), 91a Medlicott Road, Birmingham, B11
Contact: Rubina or Shazia 07952 904 264

We are a gentle Keep Fit Club for women over 50. Activities include walking, swimming and going to the gym. Come and try something you haven't done before and get fit and healthy. Make new friends and enjoy refreshments after each session. All are welcome!

Sara Park Intergenerational Cycling Club
When: Wednesday 24 January 2018
Where: Sara Park Activity Centre, 160 Herbert Road, Birmingham, B10
Contact: Olu 07846 139 025

Everyone is welcome to join our cycling club, whatever your ability or age! We help you learn how to ride a bike and build your confidence at riding in a no traffic zone. We meet at the activity centre for coffee and a chat afterwards. Come and have a fun time.
Sheldon Seniors Connect Club
When: Wednesday 24 January 2018, 10:00am - 01:30pm
Where: Sheldon Community Centre, Sheldon Heath Road, Birmingham, B26 2RU
Contact: 0121 7435662

Socialising, sharing life experiences and skills as well as making new friends and celebrating the diversity of our local community are all important to our wellbeing and as such, promoted within the group. We strive to ensure inclusivity and try to mix the activities offered so all are able to participate at a level they are comfortable with. Over the first few months, until popularity and demand are established, all the activities are FREE so please come and join us! With coffee mornings, Arts and crafts, healthy eating options, health and well-being awareness, quizzes and games as well as a computer course all planned as regular activities.

Glebe Farm Community Group
When: Wednesday 24 January 2018 - 11:00am
Where: Shilonite Gospel Church, Birmingham, 92 Audley Rd, Birmingham, B33 9DY
Contact: Paul Clayton: 07429 844099 or email: ces.cic43@yahoo.co.uk
PEOPLE OF ALL FAITHS, CULTURES AND GENDERS ARE WELCOME! £1

Are you over 50? Are you bored and lonely? Why not come and join us for some interaction and socialising. We run an Over 50's Game's club at the Shilonite Gospel Church. We play games such as dominoes, bingo, cards, countdown, chess, and drafts etc. We also offer free light refreshments and snacks, with plenty of drinks throughout the afternoon to keep you filled up! Our church space is a nice size, and very warm and people like coming here for the company, to socialise and for someone to talk to. This club has already brought many elderly folks out of isolation so if you're feeling lonely too, we have a place for you where you can feel safe and secure and where you can come and enjoy yourself for a few hours a week!

Tower Hill Partnership Medical Practice Patients Group
When: Wednesday 24 January 2018, 11:30am - 01:00pm
Where: Tower Hill Partnership Medical Practice, 433 Walsall Road, Perry Barr, B42 1BT
Contact: 0121 4110487

We are a patients group with carers and family members who socialise in the group meeting room over refreshments with games, whiteboard cinema afternoons and a variety of events guided by the needs of the group. Staff from the practice offer advice including medication reviews and healthy eating sessions and a range of speakers are invited to offer relevant information. A local choir provide entertainment on some dates too!
Share Community Project - Indoor Gardening

When: Thursday 25 January 2018
Where: Isra UK, 354 - 356 Stratford Road, Birmingham, B11
Contact: Kheira 07594 379 571 or email sharecommunityproject@gmail.com

Come join us and make new friends! We have indoor gardening workshops on how to grow herbs such as coriander and chives, and beautiful flowers such as hyacinths, crocus and poinsettia. We meet at a central location in Sparkbrook on Stratford Road. Please call for more information.

Kingstanding Thursday Club

When: Thursday 25 January 2018, 12:00pm - 02:00pm
Where: St John's Hall, 124 Warren Farm Road, Birmingham, B44 0QN
Contact: 0121 386 4345

Weekly lunch club for the over 50’s whose carers are also welcome. Gentle exercises and a mixture of activities are promoted to the group members after lunch is served and a charge of £1.50 is collected to contribute to the costs of the meal.

Acting Out

When: Thursday 25 January 2018, 07:00pm - 09:00pm
Where: The Wellington Hotel, 72 Bristol Street, Birmingham, B5 7AH
Contact: actingoutchair@gmail.com
https://www.facebook.com/ActingOutBirmingham/

Acting Out is an open and diverse theatre and social group, based in Birmingham. We aim to provide the LGBT community and friends with a fun, relevant and interactive theatre experience. The group currently has around 40 full members who take part in all aspects of putting on productions, from writing scripts and directing to technical and performance. If you would like to join us, but you’re nervous about coming to the first meeting, please contact and we will arrange to meet and greet you.

TranSpectrum Safe Space Social

When: Thursday 25 January 2018, 07:30pm
Where: The Fox, 17 Lower Essex Street, Birmingham, B5 6SN
Contact: Louie on 07518 152 064, email transpectrum@outlook.com
https://transpectrum.wordpress.com/, www.meetup.com/TranSpectrum/,
www.facebook.com/TranSpectrum/

For trans and questioning people of all ages! We offer a Safe Social Space for anyone who identifies under the Trans* umbrella (as defined by Stonewall) – whether you are questioning your gender, don’t fit in a box or don’t want labels, or if you are comfortably identifying as anything other than Cisgender. We have a Safe Space Social in the Pool Room at the Fox. We have the space all to ourselves, access to the bar in the room, gender neutral toilets, and obviously also a pool table.
The Pathfinders Domino and Craft Club

When: Friday 26 January 2018
Where: Birmingham Community Association, Jenkins Street, Birmingham, B10 0PQ
Contact: Jacqui or Arlene 07817 190703

This is a friendly group that meets for dominoes and craft making every week! Tasty hot lunch provided too. Everyone is welcome. To book a place please call Jacqui or Arlene.

Positive West Midlands

When: Friday 26 January 2018, 11:00am - 04:00pm
Where:PWM, 190 Corporation Street, Birmingham, B4 6QD
Contact: info@positivewestmidlands.co.uk
www.facebook.com/positivewestmidlands/
FREE for LGBT + allies of all ages

Positive West Midlands is a support group for people living with HIV & our supporters & volunteers. Providing social support and sign-posting to other agencies. Come along, make new friends and share experiences over free tea, coffee and biscuits. You are welcome to just turn up, contact us or visit our Facebook page for more details.

Pink Sou'westers

When: Friday 26 January 2018, 06:00pm - 08:00pm
Where: King Edwards Grammar School for Girls, Birmingham, B20 2BQ
Contact: pinksw.bookings@gmail.com
swbgroup@blueyonder.co.uk or 07976 274 271

For LGBT + allies of all ages – MUST BOOK* (£5 per person) – see below
‘Have a go’ session at short distance archery using recurve bows with guidance and supervision from qualified instructors. Following an introduction, safety, etiquette and equipment allocation, four people per target will have time to practice followed by competitions on five different targets including a dart board face, Zombie 3D target, balloons, mosaic of target faces and playing cards!! At King Edwards Grammar School for Girls (Hall Road entrance off Villa Road.) 16/16A bus to Villa Cross stops nearby look out for Debenhams and TKMaxx. We’ll be in the gym so wear warm, but not loose, clothing.

*Booking
To book all events requiring it contact our new ‘booker’ Rob on pinksw.bookings@gmail.com. He will always acknowledge your booking within 48 hours. Let him know if you have to cancel so we can offer your place to someone on the waiting list. For delays or cancellations on the day ring 07840 903 196. If you are apprehensive about coming get in touch and we will do all we can to support you. For general information contact Lesley on or 07976 274 271. If you are not already receiving email updates send an email to and follow the instruction to click reply when you receive an email inviting you to join.
Storytelling - A bridge between young and old

When: From Saturday 27 January 2018 - 11:00am
To Saturday 09 June 2018 - 01:00pm
Where: Blue River Support Services, 160 Herbert Road, Birmingham,
Contact: Lejla 07449 475 826 or email leli_tz88@hotmail.com

Everyone is welcome to this group which consists of weekly storytelling workshops to connect younger and older people. Come and share your stories and wisdom with the younger generation. At the start of the workshops we will have some games. Free snacks and refreshments.

TranSpectrum Coffee & Cake
When: Saturday 27 January 2018, 03:30pm - 05:30pm
Where: 3 Threes Coffee Lounge, 17–19 Martineau Way, Birmingham, B2 4UW
Contact: Louie on 07518 152 064, email transpectrum@outlook.com
https://transpectrum.wordpress.com/
www.meetup.com/TranSpectrum/
www.facebook.com/TranSpectrum/

For trans and questioning people of all ages. We provide a Safe Social Space for anyone who identifies under the Trans* umbrella (as defined by Stonewall) – whether you are questioning your gender, don’t fit in a box or don’t want labels, or if you are comfortably identifying as anything other than Cisgender. A meet up for the whole gender spectrum. We run a fortnightly TranSpectrum coffee and cake meet up at the best vegan coffee and nibbles place in Birmingham! As usual find us by looking for the Trans Flag and Phoebe the Pink Elephant. For more information, please contact Louie

Hidayah Muslim LGBT+
When: Saturday 27 January 2018, 05:00pm - 07:00pm
Where: Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham, B1 1EQ
Contact: info@HidayahLGBT.org

FREE for LGBT+ Muslims and friends. Hidayah is an organisation created to increase the representation, acceptance and equality of LGBT+ Muslims through providing a public face to the community and creating spaces to communicate. Hidayah is a social group which connects with other LGBT Muslim communities, and can signpost to other support agencies. If you'd like to come along, please email us for more details.
Brum Bi Coffee
When: Sunday 28 January 2018, 01:30pm - 04:30pm
Where: Café Soya, Unit 2 Upper Dean Street, Birmingham, B5 4SG
Contact: brumbicoffeegroup@gmail.com
https://www.meetup.com/Brum-Bi-Group-Meetup/

For Bi + allies from 18+ Need a bit of a break from mainstream life? Come and have a good chat and a brew at Brum Bi Coffee! We are a non-scene social group for bisexuals, pansexuals or those who are exploring or questioning their sexuality. We are a very easy-going social group where people can be themselves and meet new people. Brum Bi Coffee meets every 4th Sunday of the month, from 1.30 pm till 4.30 pm, at Cafe Soya. Look out for a small purple unicorn named ‘Xena’ on one of the tables to find us. You are welcome to just turn up, contact us or visit our Facebook page for more details.

NDQs
When: Sunday 28 January 2018, 02:00pm - 04:00pm
Where: Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham, B1 1EQ
Contact: Louie 07518 152 064
FREE for LGBT*QIA+ neuro-diverse people
NDQs is a new safe space social group for people who identify as LGBT*QIA+ and also Neuro-Diverse (Autism Spectrum, ADHD, Tourette’s, other neurological conditions). NDQs stands for Neuro Diverse Queers. We intend to meet on the fourth Sunday of the month. To find out more, contact Louie.

Illuminate
When: Sunday 28 January 2018, 05:00pm - 07:00pm
Where: Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham, B1 1EQ
Contact: lbradley1990@outlook.com
FREE for LGBT + allies of all ages
Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some silence is observed in a darkened room, a discussion follows led by a group member or an informal chat in the second half. It is a space for reflection and inspiration without a particular religious dimension. You are welcome to just turn up, or contact Loz on for more details.