

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



MAY 2015

Produced by Birmingham City Council's Selly Oak District
sellyoak@birmingham.gov.uk



<http://www.sellyparksouth.org.uk/>

www.loafonline.co.uk

www.busyparentsnetwork.com

www.cotteridgepark.org.uk

info@christ-church-selly-park.org.uk

www.christ-church-selly-park.org.uk

www.b30.foodbank.org.uk

Allens Croft Children's Centre 675 0362
 Allens Croft Project 624 5775
 Brandwood Centre 443 3310
 Billesley Indoor Tennis Centre 464 4222
 Bells Farm Community Centre 624 3680
 Christ Church 471 2379
 Cocks Moors Woods Leisure Centre 464 1996
 Coronation Road Play Centre 472 3968
 Druids Heath Library 303 7171
 Greaves Hall 459 5955
 Linden Road Instruction Pool 464 4500
 Manningford Hall 244 0099
 Masefield Community Centre 476 9063
 Maypole Children's Centre 464 4189
 Rangers 464 8726
 Selly Manor 472 0199
 Selly Oak Library 464 0403
 Stirchley Library 464 1354
 Tiverton Pool and Fitness Centre 464 0779
 Warstock Community Centre 474 4709
 Yardley Wood Library 464 2110
 The Kenrick Centre 675 0900
 Neighbourhood Offices 216 3030


Coronation Road Adventure Playground has reopened
 Holiday and After School Clubs!
 Indoor and Outdoor Activities
 Contact 0121 427 3968

<http://events.birmingham.gov.uk/submit-your-own-event/>

<http://www.birmingham.gov.uk/wards>

1

Walking Meditation
 10:30am – 12pm
 An introduction to walking as a form of meditation and relaxation. Meditation can help improve health and wellbeing. Meet at Highbury Park Notice Board, High Street, Kings Heath, B14 7SN. Car parking at Shutlock Lane, Moseley, B13 8QE.




Open house at 2pm for under 5's - Experience interactive performance music, puppets and other surprises, (Limited places)- please contact Selly Oak Library 0121 464 0403

Monthly coffee and chat - 11am, Have a chat over coffee. Selly Oak Library

Monthly Councillor advise sessions Friday 1st May at 12noon with Karen McCarthy our local councillor Selly Oak Library

2

Brandwood Centre
 Active Leisure – Social Activities for Adults with Learning Disabilities
 10-3pm Every Saturday 12.30-3pm £5
 And Wednesday £2.50 per hour or Morning Session 10-12.30pm £5 and Afternoon Session 12.30-3pm £5
 Contact Lea or Ellen 0779 456 5527



10.30 – 12pm Councillors surgeries
 Christ Church
 1st Saturday of each month

Councillors Advice Bureaux – Brandwood Ward
 1st Saturday of every month, 10.30am - 12.00noon
 Druids Heath Library, Idmiston Croft, Birmingham, B14 5NJ.

3

International Dawn Chorus Day
 Lickey Hills Country Park
 4am – 7:30am
 An early morning walk to hear and spot some of the 60+ species of birds. If you have a pair of binoculars bring them along, if not we have a few pairs we can lend out. Please call 0121 445 6036. Wear suitable outdoor clothing. Due to the early start booking is essential.
 Meet at the Visitor Centre, Warren Lane, Rednal, B45 8ER.



4

Stirchley Library Coffee Morning
 11 am – 12 noon - All Adults welcome



Christ Church
 from 5pm Rainbows, Brownies & Guides

Allens Croft Project
 Activities for the Over 50's
 Monday Club - Hub, Hazelwell, Vicarage Rd, B14 – 1pm - 3:30pm
 Social afternoon, including bingo - occasional meals out.
 Cost £1 per person including tea/coffee & biscuits - raffle & bingo extra

Selly Oak Library
 Pre-school story time stories and a small activity for children under five.
 10-15-10.45 am Every Monday

Stay & Play 9am-11am
 (Term time only)
 @ The Oaks Primary School

Parent and Toddler Group
 10-11.30am
 Mondays and Thursdays
 Christ Church


5

Christ Church
 1 – 4pm
 Stirchley Tea Dance

Stirchley Community Market
 PSL Bowling 4-8pm
 First Tuesday of each month
www.stirchleycommunitymarket.co.uk

Allens Croft Project
 Activities for the Over 50's
 "Crafty Creations" with Tutor from Bournville College
 Includes Sew Knit & Natter Hub, Hazelwell, Vicarage Rd, B14 – 12 noon to 2:30pm
 Bring along your craft work, and make new friends.
 Cost £2 per person

Green Fit Baby – Cotteridge Park
 Meet at the Cotteridge Park's car park off Franklin Road, Cotteridge, B30 2HN
 9:30AM - 10:30AM
 At this outdoor fitness class, parents exercise alongside their babies, with pushchairs or prams. The session incorporates special exercises for postnatal mums. Feel free to stick around afterwards for a chat and a cuppa!



Allens Croft Project
 Activities for the Over 50's
 Extend Exercise - The Hub, Hazelwell, Vicarage Rd, B14 - 1:30pm to 2:30pm
 Exercises may be done standing and/or seated - Suitable for men & women.
 Cost £3 per person

6

Christ Church
 12 noon Lunch Club £4

Allens Croft Project
 Activities for the Over 50's
 Tai Chi - Hub, Hazelwell, Vicarage Road, B14 – 1pm - 2pm
 Cost £3 per person

Brandwood Centre
 Active Leisure – Social Activities for Adults with Learning Disabilities 10-3pm Every Saturday And Wednesday £2.50 per hour or Morning Session 10-12.30pm £5 and Afternoon Session 12.30-3pm £5
 Contact Lea or Ellen 0779 456 5527

Masefield's 55s at
 Masefield Community Centre
 10-12pm £1 per person

Stay & Play
 Lots of activities for children 0-5 years old
 (Term time only)
 1.30-2.45
 @ St Ann's Church, Moseley
 0121 449 2243

Musical Babies
 Learn new songs & Rhymes
 1.30-2.45 @ Allens Croft CC

Boxercise 7.30-8.30pm at Warstock Community Centre

7

Heart Support Group @ The Kenrick Centre,
 Mill Farm Road, Harborne, B17 0QX,
 10.30-11.50am



Druids Heath Library
 Are you unemployed and interested in getting help to access a free tool to support your entry into work? We offer 1 hour support sessions on Fridays to get your digital logbook set up. Please contact the library for more information on 0121 303 7171

Beavers, Cubs and Scouts 6-9pm
 Christ Church Selly Park

Art Class for Over 50's
 Brandwood Centre
 9.30-12pm



WALKERS HEATH PARK
 ALL activities are **FREE!**
 Tai Chi 12:00 - 13:00pm
 Tai Chi is a gentle exercise known for its benefits to health, particularly circulation, flexibility and balance
 (meet at the courts in the centre of park)



8

Bat Night
 Selly Oak Park 8:30pm
 Help Brum Bats and the Rangers survey the park for bats. Find out what bats are up to at this time of year and how you can help them. Bring a torch and wear suitable clothing for a night walk. Meet at Selly Oak Park car park, Gibbins Road, Selly Oak, B29 6SS.
 please book by calling 0121 – 464 – 8728

Christ Church
 10.30am – 12 noon
 Coffee morning – all welcome




Parks for Play are offering inclusive play sessions at
 Maypole Children's Centre
 Grendon Rd, Kings Heath, B14 4RB
 Under 5's Play Sessions
 Fridays @ 11- 12.30pm
 For further information or to book a place call:-
 0121 464 4979
 0121 441 4682
 There are NO session fees but we welcome donations to support the group. The suggested donation is £3. Parks for Play WILL NEVER exclude a child

9

Monthly Craft Club- 11am
 5-11 year old children.
 Selly Oak Library

Christ Church
 4-6pm
 Messy Church – family activities and fun – every Saturday
 Please book in Advance

Zumba
 Billesley Common
 11:00AM - 12:00PM
 Dance the hour away! Our session leader will show you the steps. There's a little bit of everything: salsa, merengue, mambo, flamenco, cha-cha-cha, samba and hip hop. Everyone welcome!
 This activity takes place on the tennis court outside Billesley Indoor Tennis Centre.
 For more information:
 Facebook:
<https://www.facebook.com/billesleycommon>



10

Tai Chi
 Lickey Hills Country Park
 10:00AM - 11:00AM
 Tai chi combines deep breathing and relaxation with slow and gentle movements to help improve balance and stability. Suitable for all ages and abilities.
 Tai Chi takes place on Beacon Hill, in Lickey Hills Country Park (car park is off Monument Lane).



Midwives Baby clinic 1:00pm to 2:30pm
Allens Croft CC

Inclusive Play Sessions
for Under 5s
Dens of Equality are offering inclusive
play sessions at
Maypole Children's Centre
Grendon Rd, Kings Heath, B14 4RB
Mondays @ 1 – 2.15pm
For further information or to book a place
call:-
0121 464 4979
0121 441 2207
There are NO session fees but we
welcome donations to support the group.
The suggested donation is £3.
Dens of Equality WILL NEVER exclude a
child on the grounds of their disability.

ESOL Classes
Call to book a place
9.30-11.30am @ Allens Croft CC

Yardley Wood Library
Family History Drop –in –Every Monday
10.00am to 12 noon
There is a small charge for this activity

Every Monday The Crafty Crew If you
fancy a natter or would like to learn to
knit, crochet,
sew, cross stitch etc.
1-3pm Kenrick Centre, Harborne

Healthy Walk
Selly Oak Park 2pm – 3pm
Join a Ranger for a healthy walk around
this Green Flag park. Keep fit by walking
around looking at wildlife and items of
interest. Meet at Selly Oak car park,
Gibbins Road, Selly Oak, B29 6SS.
0121 – 464 – 8728



Active Conservation Team
Lickey Hills Country Park 10am – 2pm
Join the Ranger's to participate in
conservation tasks at Lickey Hills. For
more information please ring 0121 445
6036 and speak to the Lickey Hills
Rangers. Meet at Visitor Centre, Warren
Lane, Rednal, B45 8ER.
Please book by calling
0121 – 464 – 8728



Our Place Kings Norton are looking for
green fingered friends to help them with
a spring clean of their gardens. Tuesday
5 May 2015 10:00 - 15:00 FREE BBQ
lunch for all volunteers.
Please call 0121 448 8760

ESOL Classes
Call to book a place
9.30-11.30am
@ Allens Croft CC

Stay & Play(Term time only)
9.30-11.00am
Manningford Hall



Allens Croft Project
Activities for the Over 50's
Sequence & Line Dancing - The Hub,
Hazelwell, Vicarage Rd, B14 - 1pm - 3pm
Cost £2 per person including
tea/coffee & biscuits.

Allens Croft Project
Activities for the Over 50's
Zumba Gold - The Hub, Hazelwell, Vicarage
Rd, B14 -11am - 12noon
"Latin inspired aerobic workout that's more
like a party than a workout"
Specifically designed for the Over 50's and
people recovering from injuries.
Cost £3 per person

Bumps & Babies –
Maypole CC - 9.30 to 11.30
(Voluntary contribution)

Beavers, Cubs and Scouts
Christ Church 6-9pm



Volunteer Day Edgbaston Reservoir
10:30am – 1:30pm
Join our regular team of volunteers on a
range of practical work on various sites.
Meet at Rangers Office, 115 Reservoir Road,
Edgbaston B16 9EE.
please book by calling 0121 – 464 – 8728

'Baby Massage'
Allens Croft CC and
Manningford Hall.
Baby Massage
1.00-2.00 & 2.00-3.00
(Appointment only)



Zumba
Muntz Park
3:15PM - 4:15PM
Dance the hour away! Our session
leader will show you the steps. There's
a little bit of everything: salsa,
merengue, mambo, flamenco, cha-cha-
cha, samba and hip hop. Everyone
welcome!
Meet by the children's play area.



Brandwood Centre
Active Leisure –
Social Activities
for Adults with
Learning Disabilities
10-3pm Every Saturday
12.30-3pm £5
And Wednesday £2.50 per
hour or Morning Session
10-12.30pm £5 and
Afternoon Session 12.30-
3pm £5
Contact Lea or Ellen 0779
456 5527



11
STIRCHLEY NEIGHBOURHOOD FORUM
MEETING
STIRCHLEY COMMUNITY CHURCH
HAZELWELL STREET, STIRCHLEY
STARTING AT 7.30PM
SPECIAL GUESTS
COME AND SPEAK TO YOUR LOCAL
COUNCILLORS &
COMMUNITY POLICE TEAM
HELP US TO SHAPE A BETTER
STIRCHLEY WEBSITE:
WWW.STIRCHLEY.CO.UK
EMAIL: STIRCHLEYNF@GMAIL.COM

Where can I start to run in
South Birmingham for FREE?
Walkers Heath Park
Mondays 1:30pm—2.30pm
(meet at the play area on the Druids Lane
side of park)



Please wear appropriate suitable
clothing and footwear.
As this is a progressive course joining is
only possible week 1 – 3.
Next course starts:
Monday 11 May— Monday 29 June 2015

Down to Earth
Holders Lane Woods 10:30am – 12:30pm
Woodland activities for young families,
developing skills through outdoor
learning, including den building, crafts,
games, use of tools, cooking and social
interaction. Meet at Holders Lane Woods
car park, Holders Lane, B13 8NL.
please book by calling 0121 – 464 – 8728



12
SwingFit – Cotteridge Park –
6.00 – 7.00pm.
SwingFit is a new fitness programme
based on dance styles from the 1920s &
'30s, including Charleston and Lindy
Hop. It is suitable for people of all
fitness levels and abilities, with an
emphasis on having fun while getting
active and staying fit.



Active Conservation Team
Lickey Hills Country Park 10am – 2pm
Join the Ranger's to participate in
conservation tasks at Lickey Hills. For
more information please ring 0121 445
6036 and speak to the Lickey Hills
Rangers. Meet at Visitor Centre, Warren
Lane, Rednal, B45 8ER.
please book by calling 0121 – 464 – 8728



Stirchley Library
Story Tots – stories and rhymes to
introduce young children and their
carers to books, reading and language.
Every Tuesday 9.45 – 10.15 am
Preschool children and their carers.

Weekly Mindfulness Meditation Drop In
Class. Every Tuesday, 7.00 till 9.15 , £8 /
£5 conc at the Birmingham Holistic
Centre, Lakeside, Lifford Lane, Kings
Norton

Please contact me beforehand if you
plan to come as places are limited.
Mobile 07886 560161

13
Where can I start to run in
South Birmingham for FREE?
Daisy Farm Park Wednesdays
12:00—1:00pm
(meet at the play area)



For more information see :
www.parklives.com or
www.beactivebirmingham.co.uk/active-parks
or email:
gaynor.roberts@birmingham.gov.uk
tel:0121 303 0067

Please wear appropriate suitable
clothing and footwear.
As this is a progressive course joining
is only possible week 1 – 3.
Next course starts:
Monday 11 May— Monday 29 June
2015



14
Chun Lei
(Mandarin/Chinese speaking)
9.30-11am @ Allens Croft CC



Local Councillor Surgery
Looking at issues on
Housing/Benefits/Evictions/Rent & Debt.
Every 2nd Thursday
(appointment only) @ Allens Croft CC

10.00 – 11.30am Carer and Toddler club
Christ Church



8pm Ascension day church service
Christ Church

15
Where can I start to run in
South Birmingham for FREE?
Kings Norton Nature Reserve Fridays
11:30—12:30pm (meet at bridge
across the River Rea , Popes Lane)
For more information see :
www.parklives.com or
www.beactivebirmingham.co.uk/active-parks
or email:
gaynor.roberts@birmingham.gov.uk
tel:0121 303 0067



Please wear appropriate suitable
clothing and footwear.
As this is a progressive course joining
is only possible week 1 – 3.
Next course starts: Monday 11 May—
Monday 29 June 2015

16
Working Out Couch to 5k
Calthorpe Park
10:00AM - 11:00AM
Our Couch to 5K class has
been designed to help just
about anyone run for 5K or 30
minutes
Meet at the Pavilion on
Edward Road.



Bartley Green Ramble
Woodgate Valley Country
Park

10:30am
Join the Rangers for a
circular ramble around the
Bartley Green area.
Looking at the areas green
open spaces such as
Bromwich Wood, Bartley
Meadows, Senneleys Park
and Woodgate Valley.
Sturdy footwear essential.
Meet at the Visitor Centre,
Clapgate Lane, Bartley
Green, B32 3DS.

2pm Tea Dance
Christ Church

17
Park Fit!
Lots Of Fun for All
Cotteridge Park
10.30am Every Sunday
Conservation Workday
Woodgate Valley Country Park
11am - 3pm
Join the Rangers and help
protect the country park. Meet
new people, learn new skills and
get fit at the same time. Outdoor
clothing essential, light
refreshments provided. Meet at
the Visitor Centre, Clapgate
Lane, Bartley Green, B32 3DS.



18 Selly Oak Library
Local History group – Monthly on the 3rd Monday each month 2-3pm all welcome.

'One Fit Mama'
Postnatal Exercise class that you can bring your babies to as long as they are not walking. First class is FREE, then £3 a session
10-11am at
The Brandwood Centre,
Kings Heath.

Krabbel Gruppe
(German speaking)
9.00-11.00
@ Allens Croft CC

Ladies Group
1.00pm- 3.00pm
The Brandwood Centre,
Kings Heath.

Karate
6.30pm- 8.00pm
The Brandwood Centre,
Kings Heath.

Not just Zumba with instructor
7.45pm-8.45pm
Christ Church
£3.50 per session every week

Monthly Local History group 2-3-30pm
Selly Oak Library

19 Over 50's Extend Exercise
1.30-2.30pm £3
Allens Croft Project
Contact Chris Barr 0121 624 5775

Sew, Knit & Natter- 12-2.30pm
Hub Hazelwell, Vicarage Road.
Bring along your craft work, have a chat and make new friends.
Cost £2 per person

Bingo and Social Afternoon 1-3pm
Brandwood Centre

Musical Babies
Manningford Hall from
9:30am to 10:30am.


Warstock Community Centre
Street Dance Class
6pm – 8pm Every Tuesday

Yardley Wood Library
Teddy Bear's Story time -
9.45am – 10.30am
Art Group - 10.30am – 12 noon*
Tai Chi - 2.00pm – 3.00pm*
*Charges apply


Line Dancing
10.00am-11.00am
Brandwood Centre

Karate
6.30pm- 8.00pm
Brandwood Centre

20 Housing Liason Board
3RD Wednesday of Month
Masefield CommunityCentre



12 noon
Lunch club for retired people £4 per person.
Christ Church



21 Cotteridge Park
Walking
10:00AM - 11:00AM
Join our friendly group on a 2km walking route around Cotteridge Park. Walk at your own pace and meet new people.
Location: Meet at the courts. Car Park is off Franklin Road, Cotteridge, B30 2HN



Little Nippers Pre School
Mon, Tue, Thur 9.30-2.30pm
Masefield Community Centre

Tai Chi
Cotteridge Park
10:30AM - 11:30AM
Tai chi combines deep breathing and relaxation with slow and gentle movements to help improve balance and stability. Suitable for all ages and abilities.
Location: Meet at the Basketball court. Franklin Road, Cotteridge, B30 2HN



Councillors Advice Bureaux –
Brandwood Ward
1st and 3rd Thursday of every month,
2.00 - 3.30pm
Druids Heath Library, Idmiston Croft,
Birmingham, B14 5NJ

22 Forest Skills
Holders Lane Woods 10.30am – 2pm
Tinder, kindling, twigs and sticks join the rangers in the woods to learn camp crafts, including shelter building and fire lighting. Limited numbers booking required. Please call Kings Heath Rangers. Meet at Holders Lane Woods car park, Holders Lane, B13 8NL.
0121 – 464 – 8728

Billesley Common
Fridays Walk Group 12 noon
Meet at Tennis Centre



23 The Novel Knitting Group
Bring your own Knitting
11-12pm Every Saturday
Druids Heath Library




24 Christ Church
10.30am and 6.30pm
Church services
Every Sunday

25 Stirchley Library
Chinese Mum's Reading Group
10 – 11.30am


Social Afternoon
1.30-3.30pm Every Monday
Hub Hazelwell
Vicarage Road

Over 50's Extend Exercise
1.30-2.30pm £3
Allens Croft Project
Contact Chris Barr
0121 624 5775

HARBORNE HEARTBEAT - Heart Support Group, affiliated to the British Heart Foundation Exercise Class
10.15 - 11.15am
Shenley Court Hall, 200 Green Meadow Road, Selly Oak, Birmingham B29 4ED
All persons with heart conditions & their family members most welcome
Supervised by an Instructor fully qualified in cardiac rehabilitation - BACPR registered




26 WALKERS HEATH PARK
ALL activities are FREE!
Green Fit Baby 11:15-12:15pm
This session is designed for parents/carers and their babies in prams/pushchairs.
There are also specially designed exercises for the post-natal women in the group.
(Meet by the new children's play area on the Druids Lane side of the park)



Pool Dip @ Plantsbrook LNR
11am – 12pm & 1pm - 2pm
Join the rangers on a journey of discovery.
Please wear suitable footwear.
Please Book in advance.
0121 – 464 – 8728

Conservation Afternoon
Woodgate Valley Country Park
1:30pm – 3:30pm
Join the Rangers for an afternoon of conservation activities.
Information on 0121 – 464 – 8728



27 Learn to Nordic Walk
Cotton Park
10:00AM - 11:00AM
Take in the fresh air on an invigorating walk through the park. You'll learn to master the special technique of nordic walking with poles – and meet new people too! Call Gaynor Roberts on 0121 303 0067 to book.



Manor Farm Park
9:30AM - 10:30AM
Our Couch to 5K class has been designed to help just about anyone run for 5K or 30 minutes
Location: Meet by the childrens play area.



28  157 Allens Croft Road
Kings Heath
Birmingham
B14 6RP
Reg Charity No: 1110808
Making a difference in your local community

FREE
COMPUTER LESSONS!!
ALL AGES WELCOME
0121 443 3310
In Partnership with Waterloo Housing, local residents are invited to learn basic computer skills.
Do you want to know more about.....
Preparing for Universal Credit
General use of Computer / Laptop
How to setup and use e-mail
Paying Bills Online, Shopping Online
Search Engine usage. Skype
Booking Appointments Online
Every Thursday
1.00pm—3.00pm

Selly Oak Park - Walk
2:00PM - 3:00PM
Meet at Selly Oak Park car park, Reservoir Road, Selly Oak, B29 6SS




29 Patacakes @
Warstock Community Centre
9.30 to 11.30
(Vol contribution)

Stay & Play
Lots of activities for children
0-5 years old
9.00-11.00 @ Allens Croft CC

Lickey Hills Country Park
11am – 1pm
It's the holidays, so go wild in the woods. Family event. Wear suitable outdoor clothing. Please call 0121 445 6036. Booking essential. Meet at the Visitor Centre, Warren Lane, Rednal, B45 8ER.

Newhall Pooh Sticks
Newhall Valley Country Park 1pm
Come along and decorate your very own Pooh stick before testing it against others in the Pooh Stick race which will start under orders at 1.30pm. Please bring your very best cheering voice. Please wear suitable footwear. Meet at the car park off Wylde Green Rd. Sutton Coldfield, B76 1QT. Please book in advance.
0121 – 464 – 8728

30 Turn Up and Play!
Adult Social Tennis
3-5pm
Billesley Indoor Tennis Centre
Charges Apply



Plantsbrook LNR
Open Day 11am
Join the rangers on a journey of discovery as we peer into the watery world to discover just what lies beneath. Please wear suitable footwear. Meet at the car park off Eachelhurst Rd. Erdington, B24 0QL.
Please book in advance.
0121 – 464 – 8728

Monthly Raspberry Pi Club
11am
Selly Oak Library

31 Down on the Farm
Sheldon Country Park
1:30pm – 3pm
Come have a look around the farm with the Ranger.
Suitable for families and people of all ages.
Sheldon Country Farm, Ragley Drive, Sheldon, B26 3TU.