



LIVING WITH A LONG TERM HEALTH CONDITION? TALKING ABOUT DEATH DOESN'T BRING DEATH CLOSER. IT'S ABOUT PLANNING FOR LIFE.

Age Concern Birmingham are working with Birmingham City Council to gain your views to plan and shape services

We understand death is often a taboo subject. We would like to invite people living with a long term health condition to join our focus groups to discuss the following:-

Premature / avoidable deaths 4th Dec
End of life care 11th Dec
Impact of death and dying 18th Dec

All sessions held from 4pm—5pm at:-
Communithea Cafe, 76-78 Boldmere Road, Sutton Coldfield, B73 5TJ

Come along to one or all of the sessions

Tea and cake provided.

Interested?

To book a place or to find out more information please call us on

0121 362 3664

or email us at:-

info@ageconcernbirmingham.org.uk

AGE concern
Birmingham

December Groups 2019



communithea cafe

Monday

Knitting Group weekly 10am – 12pm

A chance to get your knitting projects finished, whilst enjoying a cuppa and a chat with a friendly group

Veterans Group weekly 1pm – 3pm

A social group for all ex-service personnel, and those who completed National Service

Christmas Afternoon Tea Dance (16th) 1:00pm – 2.30pm

A chance to waltz and foxtrot and trip the light fantastic and meet our Veterans

Repair Café (16th) 2.30pm – 4.30pm

Looking for an item you need repairing or maybe you can help our small team repairing things? We would love to see you

Tuesday

Parkinson's support 1st and 3rd of each month 10am – 12pm

A support and social group for those with Parkinson's

Café Yoga with Dr Sukhdev Singh weekly 11am — 12pm (mid-day)

Join in our weekly yoga sessions in Communithea, for beginners of all ages.

Pottery Sessions with Lisa Slinn weekly 10am (Full —See Thursday)

A weekly free pottery session kindly hosted by Potter Lisa Slinn, there are 8 spaces available each week so book in now to secure your free place

Deaf Blind Group (3rd) 10am — 12pm

Come along and have a chat with Marie about any concerns or advice you may need.

Wednesday

Birmingham and District Tinnitus Support (4th) 4pm — 5pm

A support and social group for those affected by tinnitus

Premature / Avoidable Death Session (4th) 4pm — 5pm

Drop In For Carers (11th & 18th) No appt necessary 9am — 12.30pm

End of Life Care Session (11th) 4pm — 5pm

The Impact of Death & Dying Session (18th) 4pm — 5pm

Talking about death can be a taboo subject, but preparation is key. See back page to come along to one or all of these interactive information sessions.

Thursday

Communithea's Community Walk 11am —next walk in January (See January Group List)

Come along and join in our walk, all welcome, adults, children and dogs

Cuppa with a Copper 10am – 12pm — next session in January (See January Group List)

Your local community policing will be available in the café for you to meet with them and raise any issues or concerns

Pottery With Lisa Slinn weekly 10am — reserve your place as limited spaces (Please ask in Communithea for December dates)

Join our fortnightly workshops with Lisa and get creative with clay

Social Media Sessions 3pm — 5pm — next session in January (See January Group List)

The friendly team will help and advise you how to operate your phone or tablet to get the most of your social media platforms

Friday

Baby Group and Story Time with Elsie weekly 10am – 11am

Join our resident Story Teller Elsie, stories create magic and a sense of wonder.

Stories teach us about life and give us a warm fuzzy feeling

Christmas Film Night (6th) from 6pm

Come along and enjoy some festive fun, enjoy a turkey curry whilst watching Elf the Movie. You can book in advance or come along on the night

Saturday

Birmingham Carers Hub Drop In (7th) 10am – 12.30pm

Informal session offering information on services available

Sunday

Sunday Breakfast Club weekly 9.30am – 11.30am (22nd & 29th — extended until 1.00pm)

Join us for breakfast and a natter

Sunday Lunch weekly 12pm - 3pm (22nd & 29th — No Sunday Lunch)

Choice of roasts and vegetarian option all served with fresh seasonal vegetables and a choice of homemade desserts