

What's on! **WINTER** 2021/2022

Groups and activities based at Three Trees



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| Monday | 9.00 – 10.15 | Saplings Parent & Toddler group, lots of toys and room to play! Fun. | |
| | 10.30 – 12.30 | Pop in – Drop in Social club and support group. Fortnightly with Independent Advocacy. | |
| | 12:30 -1:30 | Stories- a route to recovery Share mental health journeys | |
| | 1:30 – 2:30 | Listening Project - fortnightly Experiment, analyse, enjoy music. Curated by Black Train Music. | |
| | 3:30 – 4:30 | Family Fitness Get fitter, with your family! Whatever your fitness level, come along! | |
| | 3:00 -5:00 | Inclusive Families Physical wellbeing activities for children with learn disabilities and their families. Fun! | |
| | 5.00 – 7.00 | Kid's Karate Club (shouldn't that be Klub?) Run by Lewis Gannon's Martial Arts. Fabulous! | |
| | 7:00 -9:00 | Spartans for Dads A group for dads to talk about dad stuff and not dad stuff. | |
| Tuesday | 4:00 – 5:00 | Little Voices A choir for ages 6 – 11 years run by Black Train Music | |
| | 3:00 -5:00 | Inclusive Families Physical wellbeing activities for children with learn disabilities and their families. Fun! | |
| | 5.30 - 6.45 | Solihull Out Loud Youth Choir For young singers, proper singing training! 12-18 years | |
| | 6:30 – 8:00 Not 1 st Tues | Northern Star Ukulele Band Noise, mayhem and the occasional tune! Beginners to experts welcome, feel the noise. | |
| | 7:45 – 9:45 | North Solihull Singers Proper community choir, singing all kinds of songs, harmonies, fab music, amazeballs. | |
| Wednesday | 10:30 – 11:30 | Gentle Fitness Exercise for older people, seated activities & more. You can do this! | |
| | 1.30 – 3.30 doors open | Wednesday Afternoon Live Music Live music from our resident musician. Add lunch from the Olive Branch & you are sorted! | |
| | 1.00 – 3.00 | St!Art Art group for adults, from beginners to Michaelangelo. Give it a go. | |
| | 5.00 - 6.00 | Step Drama Specialist drama workshops for 16+ with additional needs. | |
| | 6:00 – 7:15 | Dramaniacs Fun performing arts group for 8 – 13 year olds. Noisy. | |
| | 7:15 – 8:15 | STTRM Young people's drama group. | |
| | 7.00 – 8.30 | Circle A men's group. We meet, chat, solve the world's problems, go home. It's good. | |
| | 7:00 – 9:00 | Dog Training Ring craft and training for dogs (and their owners). | |
| | 5.00 – 9.00 | Inca Arts Sing, dance, act! What more do you want? Fun, fast paced and exciting! | |
| | Thursday | 10.30 – 3.30 | Dig-It Gardening group organised. By Gro-Organic. Volunteer, participate, you dig? |
| | | 9:30 – 10:00 10:30 – 11:00 | Moo Music Moosical fun for babies and toddlers. |
| 10:30 – 12:00 | | Come out Come in A post-pandemic support group with coffee, cake, chat and chants (music really but I was going for the 4 C's.....) | |
| 1.00 – 2:30 | | Flow A sketching group with local artist Ronnie! | |
| 2:00 -3:00 | | Music4Wellbeing – Fortnightly Free live music sessions | |
| 5:00 -7:00 | | Inclusive CYP Games night for young adults with learning difficulties (ages 6-14). | |
| 5.00 - 9.00 | | Inca Arts Sing, dance, act! What more do you want? Fun, fast paced and exciting! | |
| 7:00 – 9:00 | | Inclusive Youth Games night for young adults with learning difficulties (ages 14 – 24). | |
| Friday | Contact us for details | Antenatal Speak to your midwife for details. | |
| | 10:00 – 11:00 | Inclusive Wellbeing Light physical & wellbeing activities for adults with ongoing health conditions. | |
| | 2.00 – 4.00 | Ladies Fellowship – monthly Ecumenical ladies group. | |
| Saturday | 9:00 – 10.30 | Slimming World Get healthier at this friendly local group. | |
| | 10.00 – 12.00 | Kid's Karate Club How good is this, Saturday morning martial arts for kids! | |
| | Various | Music events, fayres, fun days & more. As lockdown eases, look out for events coming up. | |
| Sunday | 11.00 – 12.00 | The Baptist Church – Friendly, practical, non-churchy faith. We also hold activities during the week, take a look. Deep and funny (usually) Facebook search for @cwbaptistchurch www.cwbaptistchurch.com | |

These activities are run by different groups and individuals (we didn't have room to fit all the info in).

About Three Trees:

We are an independent community centre and receive no core funding from the council or government. This community owns and runs the Centre, your neighbour probably already comes here, so come on in! We often have other random things going on so it's always worth asking.

Some groups vary their times, some have waiting lists and some make a charge, please check their website or ask for details.

All groups are run by humans so things may change or we may be on an off day!

If you're interested in starting a new group, please talk to us, we'd love to help!

Want support? Organisations based here can help with training, looking for work, refugee support, and more, get in touch!

Want food? The Olive Branch Kitchen is open Monday - Thursday weekdays 9.00 – 2.30 serving good quality, fresh cooked food.

Want rooms? We have rooms available for community groups, meetings and conferences.

Sorry, but we are unable to hire rooms out for children's parties, discos etc.

www.3trees.org.uk

0121 582 0767



Chelmsley Wood
Baptist Church



colebridge
trust Northern Star
Community Arts

