

What's on! Spring²⁰²⁴

Groups and activities based at Three Trees



Monday	9.00 – 10.15	Saplings Parent & Toddler group, lots of toys and room to play! Fun.
	10.00 - 11.15	Yoga Stretch, Breathe, Meditate, Relax!
	10.30 – 12.30	Pop in – Drop in Social club and support group. Fortnightly with Independent Advocacy.
	1:30 – 2:30	Listening Project – fortnightly afternoon and evening Experiment, analyse, enjoy music. Curated by Black Train Music.
	4:00 – 5:30	Inclusive Families Whatever goes! Smoothie bike? Botcha? Crafts? Contact Inclusive Sports to see what's going on this week!
	5:30 – 6:30	Creative Support Mental Health & Wellbeing Hub Mental health peer support and wellbeing workshop
	5.00 – 8.30	Kid's Karate Club (shouldn't that be Klub?) Run by Lewis Gannon's Martial Arts. Fabulous!
	6.30 - 7.45	Yoga Stretch, Breathe, Meditate, Relax!
Tuesday	4:00 – 5:00	Little Voices A choir for ages 6 – 11 years run by Black Train Music
	5.30 - 6.45	SOLYC For young singers, proper singing training! 12-18 years
	6:30 – 7:30	Northern Star Ukulele Band Noise, mayhem and the occasional tune! Beginners to experts welcome, feel the noise.
	7:30 – 9:45	North Solihull Singers Proper community choir, singing all kinds of songs, harmonies, fab music, amazeballs.
Wednesday	1.30 – 3.30 doors open	Wednesday Afternoon Live Music Live music from our resident musician. Add lunch from 3Beans & you are sorted!
	1.00 – 3.00	St!Art Art group for adults, from beginners to Michaelangelo. Give it a go.
	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.
Thursday	All morning	Pop up Barber Coffee and a trim. Every fortnight.
	10:30 – 12:00	Come out Come in A social support group with coffee, chat & new friends! Bring an activity if you fancy!
	11:00 – 12:00 1:00 – 2:00	Creative Support Mental Health & Wellbeing Hub Drop in mental health workshop
	1:00 – 2:30	TAG A CWBC bible study group. Pop along to find out more!!
	5:00 – 9:00	Gaming Club Games, fun and friends – with Inclusive Sports
Friday	Contact us for details	Antenatal Speak to your midwife for details.
	9:00 – 4:30	Shaw Trust Employment support. Appointment only
	2.00 – 3.30	Amity Club Monthly social group. Enjoy a hot meal a good fun! Contact the office to book on
	2.00 – 4.00	Ladies Fellowship – monthly Ecumenical ladies group.
Saturday	9:00 – 10.00	Slimming World Get healthier at this friendly local group.
	10.00 – 12.30	Kid's Karate Club How good is this, Saturday morning martial arts for kids!
	Various	Music events, fayres, fun days & more. 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 (we didn't have room to fit all the info in) Contact us for more details.

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? 3 Beans Kitchen is open Monday – Friday 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.

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