






























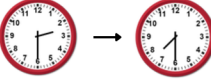






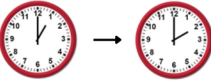









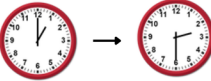

Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Monday 2nd June	Cricket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am  → 	£7.50 
Monday 2nd June	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Monday 2nd June	Community Meet Up Stretch and Flow Mobility YOGA with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am - 12:15pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 2nd June	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Monday 2nd June	Dynamo Adults Social Gathering The Plough 	Meet at: The Plough, 21 High Street, Harborne B17 9NT	6:00pm - 8:00pm  → 	£2.50 if you require support.  Bring spending money for food and drinks
Tuesday 3rd June	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Tuesday 3rd June	Volunteers Week Celebration 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 3:00pm  → 	Free. 

To book and for more information call: 0121 427 6404

Please note when booking that some community sessions are weather dependant and must have enough people to go ahead on the day.

Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Tuesday 3rd June	Day at British Squash Open 	Meet Outside: The Rep, 6 Centenary Sq, Birmingham B1 2EP	2:00pm - 7:30pm 	£5 - Booking Essential  Bring £15-20 for food and drinks
Wednesday 4th June	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am 	£8 - Booking Essential 
Wednesday 4th June	Bake Off Pizza 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£10 - Booking Essential 
Wednesday 4th June	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 5th June	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 5th June	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 
Thursday 5th June	Walk and Talk 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	11:00am - 12:30pm 	Free. 
Thursday 5th June	Arts and crafts 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	1:00pm - 2:30pm 	£5 

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Thursday 5th June	Sketchbook Sessions 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Friday 6th June	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 6th June	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 6th June	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Monday 9th June	Cricket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am  → 	£7.50 
Monday 9th June	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Monday 9th June	Community Meet Up Stretch and Flow Mobility YOGA with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am - 12:15pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 9th June	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Monday 9th June	Dynamo Adults Social Gathering Quiz Night 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm  → 	£7.50 
Tuesday 10th June	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Tuesday 10th June	Cricket 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50 

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Tuesday 10th June	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Tuesday 10th June	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 11th June	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am  → 	£8 - Booking Essential 
Wednesday 11th June	Bake Off Snickerdoodles 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£10 - Booking Essential 
Wednesday 11th June	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Thursday 12th June	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 12th June	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 12th June	Walk and Talk 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	11:00am - 12:30pm  → 	Free. 
Thursday 12th June	Arts and crafts 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	1:00pm - 2:30pm  → 	£5 

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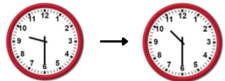


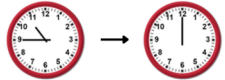








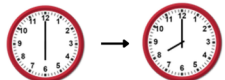


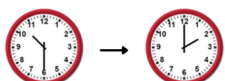

Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Thursday 12th June	Sketchbook Sessions 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Friday 13th June	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 13th June	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 13th June	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 

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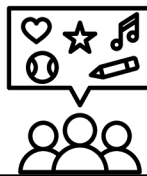
























Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Monday 16th June	Cricket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 16th June	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 16th June	Community Meet Up Stretch and Flow Mobility YOGA with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am - 12:15pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 16th June	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 16th June	Dynamo Adults Social Gathering Indian Brewery Snowhill 	Meet at: Indian Brewery Snowhill Arch 15 & 16 Livery Street Birmingham, B3 1EU.	6:00pm - 8:00pm 	£2.50 if you require support.  Bring spending money for food and drinks
Tuesday 17th June	Learning Disability Week Open Day 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 2:00pm 	Free. 

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Tuesday 17th June	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50    
Wednesday 18th June	Community Meet Up Nuffield Leisure Centre 	Meet at: Nuffield Health Birmingham Central Fitness & Wellbeing Gym Broadway Plaza, 220 Ladywood Middleway, Birmingham B16 8LP	Time to be confirmed	Free. 
Wednesday 18th June	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50    
Thursday 19th June	Learning Disability Week Open Day 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 2:30pm  → 	Free. 
Friday 20th June	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50    
Friday 20th June	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50    
Friday 20th June	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50- Bring a blanket    

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Friday 20th June	<p>Monthly Disco Live Music</p> <p>THE PYLONS BAND (Henry Liggins)</p> 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	<p>6:30pm - 9:30pm</p> 	<p>£5 admission + £5 food. Please book if you wish to have food.</p>  <p>Food: Fish and Chips</p>

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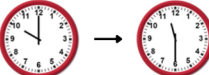



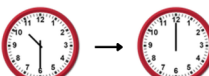






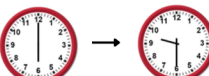










Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Monday 23rd June	Cricket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am  → 	£7.50 
Monday 23rd June	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Monday 23rd June	Community Meet Up Stretch and Flow Mobility YOGA with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am - 12:15pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 23rd June	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Monday 23rd June	Dynamo Adults Social Gathering Movie & Popcorn 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm  → 	£7.50 
Tuesday 24th June	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Tuesday 24th June	Cricket 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50 

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Tuesday 24th June	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Tuesday 24th June	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 25th June	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am  → 	£8 - Booking Essential 
Wednesday 25th June	Bake Off Chocolate Cupcakes 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£10 - Booking Essential 
Wednesday 25th June	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Wednesday 25th June	Babs Bingo - Herbert's Yard Food and Bingo	Herbert's Yard, 49 Austin Way, Longbridge, Rednal, Birmingham B31 2QR	6:00pm - 9:30pm  → 	£9 - Booking Essential 
Thursday 26th June	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 26th June	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Thursday 26th June	Walk and Talk 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	11:00am - 12:30pm  → 	Free. 
Thursday 26th June	Arts and crafts 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	1:00pm - 2:30pm  → 	£5 
Thursday 26th June	Get Crafty 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50    
Friday 27th June	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50    
Friday 27th June	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50    
Friday 27th June	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50- Bring a blanket    

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Monday 30th June	Cricket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am  → 	£7.50 
Monday 30th June	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Monday 30th June	Community Meet Up Stretch and Flow Mobility YOGA with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am - 12:15pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 30th June	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Monday 30th June	Dynamo Adults Social Gathering Costa Coffee 	Meet at: Costa Coffee Selly Oak Shopping Park B29 6SJ	6:00pm - 8:00pm  → 	£2.50 if you require support.  Bring spending money for food and drinks
Tuesday 1st July	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Tuesday 1st July	Cricket 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50 

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Tuesday 1st July	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Tuesday 1st July	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 2nd July	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am  → 	£8 - Booking Essential 
Wednesday 2nd July	Bake Off Lemon Bars 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£10 - Booking Essential 
Wednesday 2nd July	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Thursday 3rd July	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 3rd July	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 3rd July	Walk and Talk 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	11:00am - 12:30pm  → 	Free. 
Thursday 3rd July	Arts and crafts 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	1:00pm - 2:30pm  → 	£5 

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Birmingham Adults Community Timetable: 2nd June - 4th July 2025

	Activity	Where	When	Cost
Thursday 3rd July	Sketchbook Sessions 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Friday 4th July	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 4th July	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 4th July	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 

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ACTIVITY DESCRIPTION:

Arts and Crafts:

Join us for group arts and crafts. You can make fun and creative things using materials like paper, paint, and glue, while having a great time with friends.

Babs Bingo - Herbert's Yard:

Join us at Herbert's Yard for a fun food and bingo night together!

Bake Off:

A baking session is where you learn to make tasty treats like cakes and cookies. You can have fun mixing ingredients and baking with friends. Bring a container to take your bakes home. Can't make it? Let us know so we can offer your space to someone else.

Community Meet up:

Join us out in the community as we visit different community spaces across Birmingham and the West Midlands.

Creative Dance:

Join Hayley for a fun, creative dance session! You can move to music, learn new dance steps, and express yourself with friends.

Creative Minds:

Join Henry Liggins group creative storywriting session using music as a way to inspire the story.

Cricket:

Cricket is a team sport where you hit a ball with a bat and try to score runs. You'll learn the basics, play games, and have fun with friends.

Digital Content Creating:

Discover your voice, and creative talents and learn how to make amazing online content for the digital world!

Drama with Rob:

Join Rob for a fun group drama session. Drama is about acting and telling stories, and you can explore characters, play games, and perform with friends.

Dynamo Social Club:

An evening social group for 18-35 year olds. Meet new friends and play table tennis, games, quizzes, baking, art, and more.

Football:

Join us for fun football training. Football is a game where you kick a ball to score goals, and you can learn new skills, play with friends, and get active.

Gardening and Upcycling:

Grow plants and reuse old items in clever ways. Enjoy watching the WCCC garden flourish while giving new life to everyday objects!

Journey Through Music:

Join Henry Liggins for a fun, interactive music session! You can play instruments, make your own music, and enjoy creating sounds with friends.

ACTIVITY DESCRIPTION:

Learning Disability Week Open Day:

Come along and try out some of our fun health and wellbeing activities. It's a great chance to see what we do and join in!

Let's Get Fit:

A gym session is where you can use equipment to exercise and get stronger. You can improve your fitness and have fun working out with others.

Line Dancing:

Line dancing is a fun way to dance in a group, where everyone follows the same steps in a line. You can enjoy learning new moves with friends.

Movement and Relaxation:

Exercise, calm down, take deep breaths, and relax with Jacky.

Sing along with Rob:

Join Rob's group music circle and sing along to his guitar playing. Warm up your voice with singing exercises and join in with our percussion instruments.

Sketchbook Sessions:

Develop your art skills and explore a range of techniques.

Disco - Live Music:

Dance at our monthly disco with live music from The Pylons Band, featuring Henry Liggins. Enjoy great tunes, fun with friends, & a night full of energy!

Swimming:

Join us for fun swimming sessions. Swimming is moving through water using your arms and legs, and you can learn new skills, get fit, and have fun.

Walk and talk:

Join us for a gentle walk to enjoy fresh air, nature, and good company. Walk at your own pace and take breaks when you need to.