

Events and Activities in Frankley

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Other</u>
Frankley Plus Childrens Centre 0121 453 3515	<u>Baby Massage*</u> 9.30am-11am <u>Promoting Happier Parenting*</u> <u>1pm-2.30pm</u>	<u>Buggy Walk</u> 10am-11am <u>Solihull Approach Ante Natal*</u> 10.30am-12pm <u>Virtual Breastfeeding Lounge</u> 1.30-2.30pm	<u>Job Club-Drop In</u> 10.30am-11.30am <u>Communication Station*</u> 1-2.30pm <u>Henry Course*</u> (Tips on Healthy eating and exercise) 1-2.30pm	<u>Sensory Baby Play</u> (Suitable for 0-2yrs) 1-2pm <u>Virtual Breastfeeding Lounge</u> 11am-12pm	Stay and Play and Baby Massage available at nearby locations			Further classes available at Weoley Castle and Northfield, contact for details on 0121 453 3515
N04 The Hub 0121 679 2072	<u>Job Club</u> 11-12pm		<u>LGBTQ+ Timings?</u> <u>Debt n Money advice</u> 10-12pm <u>Craft Group</u> 7-9pm		<u>Girl Guides</u> 6.15pm-8pm		<u>Grace Church</u> 10.30am-12.30pm	
Reaside Centre 07944 537515	<u>Over 60's</u> 12-2pm	<u>Knit and Natter</u> 11am-1pm	<u>Yoga</u> 6.15pm-7.15pm <u>Martial Arts</u> 6.30pm-7.30pm 7.30pm-8.30pm	<u>Over 50's Tai Chi</u> 1-2pm <u>Martial Arts</u> 6.30pm-7.30pm 7.30pm-8.30pm			<u>Football Academy</u> 9-11am <u>Judo</u> 5-6pm 6-7pm Summer only <u>Yoga</u> 9-11am	Have your summer activities now ended?
Frankley Library 0121 464 7676	<u>Step on</u> 10.30am-12pm <u>Tots Time</u> (0-5years) 9.30am-10am							
Friends of Balaam Woods 07902903558	<u>Woodland workout</u> 10.30am-12.30pm*			<u>Nordic Walkers*</u> 11-12pm	<u>Free Tai Chi</u> 2-3pm			
								<u>*Booking required</u>

For more information or to book please contact the organisations directly or pop into the parish office, which is open 9am-1pm Mon-Fri. - Are you happy for phone contact details to be provided or would an email be preferred?-Please state if you wish for more information to be given in other or any specific notices about location/cost/timings/Booking. Design is subject to change.