



Age Concern Birmingham
is now
Age Connects West Midlands.

While our name has changed, our services, values, staff, and commitment to supporting our communities remain exactly the same.

The new name better reflects who we are today – a modern charity bringing people and communities together and celebrating ageing as a positive part of life.

Thank you for your continued support. If you have any questions, please speak to a member of the team.

Check our socials below



Communithea cafe

communithea cafe

What's On

July 2026

Opening Times

Monday to Saturday 8:30am - 4.15pm

Call us on 0121 362 3650

For bookings, call us on 0121 630 2462
communithea@ageconnectswm.org.uk

July

Communithea Cafe is owned and managed by
Age Connects West Midlands

Monday

Carers Hub drop-in: 9.30am until 12pm - weekly

Our advisors can provide information and advice today. Pop in and have a chat, no appointment necessary.

Warm Welcome: 9:30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Tuesday

Allotment Group: 10am until 12pm - weekly

Talk all things gardening with the Communita Allotment group, you will find us at the allotment if the weather is nice.

Dementia Carers drop-in: 10am until 12pm - weekly

Drop in advice and information for unpaid dementia carers.

Stroke Support Group: 10am - 7th and 21st Only

Bringing together friends and families who have experienced the impact of stroke through our supportive group.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

Friends For Life Veterans Group: 12pm until 3pm - weekly

Our group aims to bring together all ex service personnel to make new friends.

Wednesday

Stop Smoking Drop in: 10:45am until 12:30pm- 1st July

Drop in to speak to a representative from Stop Smoking.

Community Police drop-in: 11am until 12pm- 8th and 22nd Only

Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

From benefits advice to saving energy at home. No need to book, just drop in.

Friendship Group: 11am until 1pm - weekly

Come down for a chat and a cuppa - everyone welcome!

Digital Inclusion: 3pm until 4pm - weekly

Joe will be in the cafe lending a hand for all your tech needs!

Thursday

Social Worker drop-in: 10am until 1pm - weekly

Come along to meet and chat to a social worker - ask us anything

Parkinson's UK: 10am until 12pm - 2nd and 16th Only

A group welcoming those with Parkinson's and their families and carers.

Knit and Natter: 2pm until 3:30pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Craft and Knit Group: 10am until 12pm - weekly

Come along to our new craft group, previously held at the Sutton Library. Don't forget to get yourself a cuppa and maybe even a slice of cake.

Friday

Art Group: 10am until 11.30pm - weekly - Waiting list to join

A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment. Contact Angie for availability 07789 408956 or email angie@therecoveryfoundation.org.uk

Advice Cafe: 11am until 2pm - weekly

One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Chatty Cafe: 2pm until 4pm - weekly

Come down for a chat and a cuppa - everyone welcome!

Saturday

AWOC Support Group: 10am - 11:30am - 18th Only

Are you growing older without children nearby - or without children at all? Our Ageing Without Children group offers a warm, welcoming space to share experiences, build friendships and support one another.

Legal Services Drop In: 10am until 12pm - 4th July Only

Drop in to speak to our legal partner Jane from Wills Made Clear if you need advice on a will, lasting power of attorney or trusts!