

The Art of Craft

Join us to enjoy workshops using textiles
stitch, clay and paper craft to promote
wellness and creativity.

Communita Cafe, 78 Boldmere Road,
Sutton Coldfield, B73 5TJ

Time: Mondays 2-4pm

21st September, 5th & 19th October.
9th & 23rd November, 7th December

No experience needed, for people 50+

For more info and to book a free place:

Please contact Sally at

soothingstitches@btinternet.com 07808 988945

Diane at Communita Cafe:

d.mccarron@ageconnectswm.org.uk



Communita cafe

communita cafe

What's On

October 2026

Opening Times

Monday to Saturday 8:30am - 4.15pm

Call us on 0121 362 3650

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

OCTOBER



Communita 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.

Soothing Stitches: 2pm - 4pm - 5th and 19th Only

Enjoy workshops using textiles stitch, clay and paper craft to promote wellness and creativity. See booking details on the back.

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 - 13th and 27th 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.

Spitfire Advice and Support Drop-In: 1pm until 3pm - weekly

Spitfire Advice and Support is offering housing advice through a weekly surgery.

Wednesday

Community Police drop-in: 11am until 12pm - 14th and 28th 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!

North Star for the MIND drop-in: 2pm - Weekly

North Star Navigation Service is offering information, advice and guidance about local mental health services and support pathways. Drop in or make an appointment on 0121 262 3555 or email NorthStar@Birminghammind.org

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 - 1st and 15th 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.

AWOC Support Group: 10am - 11.30pm - 22nd 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.

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 1pm - 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

Legal Services Drop In: 10am until 12pm - 5th October 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!