



Weekly Schedule

Monday

Coffee Morning

11 am - 1 pm
Smethwick Library

Women's Recovery & Wellbeing

10:30 am - 12:30 pm
Malthouse

Recovery Group

10:30 am - 1 pm
Salop

Welcoming Space Drop in

9 am - 5 pm
ILC

Tuesday

Men's Wellbeing

10 am - 12 pm
Malthouse

Coffee Morning

10 am - 12 pm
Wednesbury Museum & Art
Gallery

Women's Wellbeing Group

10:30 am - 12:30 pm
Salop

Women's Recovery & Wellbeing

1 pm - 3 pm
Malthouse

Youth Group

4 pm - 6 pm
ILC

Wednesday

Drop in & job search support

10 am - 3 pm
Burberry Court office

Recovery Group

10:30 am - 12:30 pm
Malthouse

Coffee Morning

11:30 am - 1:30 pm
Oak House Museum

Garden Peer Support Group

1 pm - 3 pm
Malthouse

Job club

2 pm - 4 pm
ILC

Drop in & job search support

3:30 pm - 5 pm
Mecca Bingo

Thursday

Garden Peer Support Group

10 am - 12 pm
Barlow

Women's Wellbeing Group

10 am - 12 pm
Malthouse

Fibromyalgia & Arthritis Peer Support group

Fortnightly - 11 am - 1 pm
Salop

Women's Recovery & Wellbeing

1 pm - 3 pm
Malthouse

MS Support Group

2 pm - 3 pm
Zoom

Drop in & job search support

2 pm - 5 pm
Burberry Court Office

Friday

Fishing Group

10 am - 1 pm
Cranstoun

Men's Gardening Group

10:30 am - 12:30 pm
Barlow

Job club

2 pm - 4 pm
ILC

Welcoming Space Drop in

9 am - 5 pm
ILC

Other Services

We also offer:

Advice & Guidance
Welfare benefits support
Employment support
Energy advice
Health & Wellbeing support
Volunteer Opportunities
Social events
Day trips

T: 0121 558 5555 Option 3

E: contactifa@idealforall.co.uk



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Registered charity number 1070112 and company limited by a guarantee number 03196518

Where to find us

ILC

Independent Living Centre, 100 Oldbury Road,
Smethwick, B66 1JE

Malthouse

Malthouse Gardens, 100 Oldbury Road,
Smethwick, B66 1JE

Salop

Salop Drive Market Gardens, Salop Drive,
Oldbury, B68 9AG

Barlow

Barlow Road Community Gardens, Barlow Road,
Wednesbury, WS10 9QA

**Wednesbury
Museum &
Art Gallery**

Wednesbury Museum & Art Gallery, Holyhead
Road, Town Centre, Wednesbury, WS10 7DF

**Smethwick
Library**

Smethwick Library, 102 High Street, Smethwick,
B66 1AA

**Oak House
Museum**

Oak House Museum, Oak Road, West Bromwich,
B70 8HJ

**Burberry
Court Office**

Burberry Court Office, Burberry Court,
Shakespeare Road, Tipton, DY4 0SG

**Mecca
Bingo**

Mecca Bingo, Dudley St, Wednesbury, WS10 7DR

Cranstoun

Cranstoun Sandwell, 128B Oldbury Road,
Smethwick, B66 1JE



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X @idealforall



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