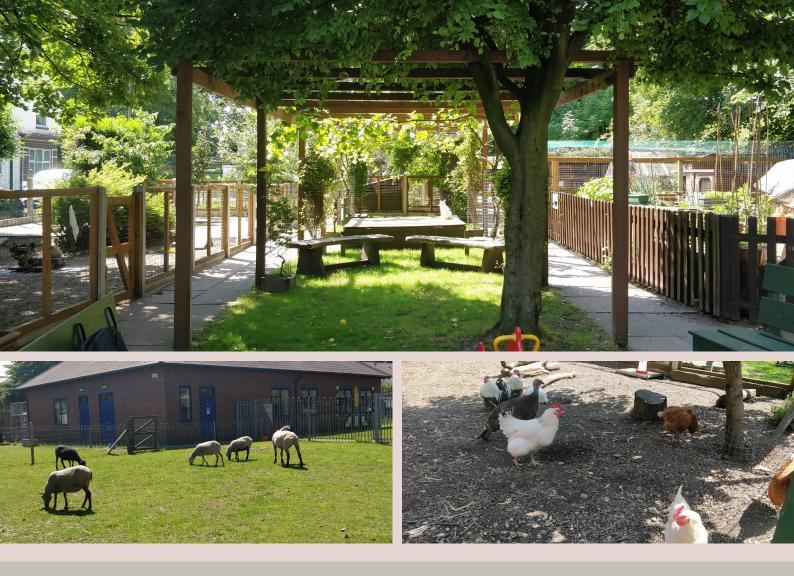
## Countrymen Club Balsall Heath City Farm



Countrymen Club is back! It's a chance for men aged 50 or above to get together, enjoy a hot lunch, and help out around the farm. Each week you'll be able to choose from a range of indoor and outdoor activities. See overleaf for more.

Come and join our taster session on <u>Thursday 3rd June,12-4pm.</u> You can meet the animals and make a hanging basket to take home.

For more information, or to book a place, please contact our farm manager, Hywel, on <u>07812 761 220</u> or <u>hywel.williams@stpaulstrust.org.uk</u>



Activities:

- Mucking out the pens
- Feeding and helping with the animals
- Grooming the rabbits and guinea pigs
- DIY jobs like painting, building, and fixing
- Gardening and weeding
- Arts and crafts

Countrymen Club helps to meet challenges being faced by men who find themselves isolated because of deteriorating physical or mental health or changing social conditions.



