

# 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 Thursday 3rd June, 12-4pm. 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 07812 761 220 or [hywel.williams@stpaulstrust.org.uk](mailto:hywel.williams@stpaulstrust.org.uk)



## 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.



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