

COME AS YOU ARE

16 JANUARY

13 FEBRUARY

20 MARCH

17 APRIL

7PM-LATE

THE NIGHT OWL

DIGBETH B9 4AG

INCLUSIVE & RELAXED - EVERYONE WELCOME- £5 ENTRY - 18+



07745 540234



@qac_cs



@thenightowlbham



28 January

Court Oak meal



25 February

Cinema

25 March

Bowling

29 April - TBC!!

SOCIALISING AT THE HUB

communityservices@qac.ac.uk

0121 803 5515 or WhatsApp 07745 540234

@qac_cs on Instagram and Twitter

please get in touch to book and let us know you're coming!



women's group *£2 donation per session*

Every other Wednesday 3-6pm

11 Jan, 25 Jan, 8 Feb, 1 Mar, 15 Mar, 29 Mar

(joint session)



£2 donation per session

Every other Wednesday 3-6pm

18 Jan, 1 Feb, 15 Feb, 8 Mar, 22 Mar,

29 Mar (joint session)

MEN'S GROUP



SPARK+

Every Friday from

13 January, 3:30-6:00pm

LGBTQ+ community for young adults aged 18+ with autism or other support needs

other support needs

Every Thursday from 12

January, 3:00-6:00pm

£2 donation per session

board and tabletop games -
relaxed and easy for all!

GAMES CLUB

