

# WELLBEING NEWSLETTER



## MAKING A DIFFERENCE

This Autumn, we spoke with one of our volunteers, John, who has been running the Lions Farm Bowls group and asked him why he decided to become a volunteer.

“We are actually celebrating our fourth year running this Autumn! When we first started, we had twelve members and now we have nineteen! It’s great when people come and join.

I have played bowls for seven years, I wanted to find low level exercise and something to do. I got into it when I tried it, I enjoyed the thinking aspect of it and learning from others. I have people asking me how to play and I enjoy the company.

I decided to volunteer because it was the right thing to do for the group, the group have a free session which makes it easier for it to keep going. The group socialise a lot and the talking is just as important as the bowls for some people. The best part about being a volunteer is seeing the pleasure that people derive from playing bowls and enjoying it! Everyone is welcome.

A huge thank you to John for dedicating his time and energy into running the bowls group!

## WELCOME

Welcome to the Autumn edition of Age UK Sandwell’s wellbeing newsletter. We hope to keep you informed about our services and to showcase what we have been up to.

You can access more information through our website

[www.ageuksandwell.org.uk](http://www.ageuksandwell.org.uk) or via our social media pages.



Age UK Sandwell



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Age UK Sandwell



[ageuk.org.uk/sandwell/](http://ageuk.org.uk/sandwell/)

# WHAT'S ON IN SANDWELL

## Wellbeing Activities - Timetable

### Monday

 Indoor Activity

**11am - 12pm**

**Coffee Mates**

Cradley Heath library  
(On the third Monday of each month)

 Indoor Activity

**11am - 12pm**

**Men's Apna Wellness**

Smethwick Library  
(Available to Punjabi Sikhs)

 Indoor Activity

**12pm - 1pm**

**Women's Apna Wellness**

Smethwick Library  
(Available to Punjabi Sikhs)

### Tuesday

 Indoor Activity

**11am - 12pm**

**Coffee Mates**

Smethwick Library

### Wednesday

 Indoor Activity

**10:45am - 12pm**

**Bingo**

Sandwell Mecca Bingo  
£3 per session  
including two games  
and a hot drink

### Thursday

 Indoor Activity

**10am - 12pm**

**Bowls**


Lion Farm Estate, Oldbury

 Indoor Activity

**10.15am - 12:30pm**

**Bowls**

Hope Church, Oldbury

 Outdoors

**11am - 12pm**

**Walk & Talk**

West Smethwick Park

### Sunday

 Indoor Activity

**11am**

**Sandwell**

**Veterans**

**Breakfast Club**

Waggon & Horses,  
Oldbury

(On the first Sunday of each month)

### Coming soon...

 Indoor Activity

**11am - 12pm**

**Gym Session**

Holly Lodge High School,  
Holly Lane, Smethwick

To book for any of our activities  
contact

0121 437 0033

email for information:

[wellbeing@ageuksandwell.org.uk](mailto:wellbeing@ageuksandwell.org.uk)



## A FOCUS ON...



### Coffee Mates - Cradley Heath

Coffee Mates is designed for people to come and chat and to meet new people. The sessions vary with some weeks being a chat with a cuppa, others having activities planned or guest speakers. It's a relaxed informal environment and everyone is welcome.

**Every 3rd Monday, 11am - 12pm**

# VOLUNTEERING

**Many of our activities are lead by our amazing and dedicated volunteers. We are looking for some more individuals to help us continue to offer vital services in the community.**

## Why volunteer?

By volunteering for Age UK Sandwell, you'll play a vital role in improving later life for older people across the city. Volunteering with us is a great way to meet new people, develop your skills and experience and make a meaningful contribution to your community.

**Scan the QR code to see what volunteering opportunities are available. Alternatively you can visit <https://www.ageuk.org.uk/sandwell/get-involved/volunteering2/>**



## RECENTLY...

### Lightwoods Daylight Disco ball



## COMPETITION

**Would you like your recipe to be featured in our next newsletter?!**

Food brings people together and we would like to create the opportunity for people to share their recipes to the wider community and for others to try something new.

If you would like to enter, please send us an email to [wellbeing@ageuksandwell.org.uk](mailto:wellbeing@ageuksandwell.org.uk) with your recipe details along with a picture of your recipe to be in the chance of being featured in our next newsletter!

We look forward to seeing your entries and good luck!



**At Age UK, we understand that navigating the complexities of later life can be challenging. That's why our Information and Advice Department is here to support you every step of the way.**

Our dedicated team offers free, confidential and impartial advice tailored to your needs over the phone or face to face at one of our many locations (Highgate, Sheldon, Bourneville, Harborne, Kingstanding, Rubery, West Bromwich, Cradley Heath, Rowley Regis, Tipton, Oldbury)

### **Our advisors can help you with:**

- Maximising your income
- Discuss housing options
- Keep you independent in your home by exploring your care needs
- Support you with consumer related issues such as gas, electric and water arrears
- Fill in forms, write letters and make telephone calls
- Access local services

**To speak with an advisor or find your nearest local drop in, please call 01214370033 or email [info@ageukbirmingham.org.uk](mailto:info@ageukbirmingham.org.uk)**

**We are here to help!**





## WARMING AUTUMNAL RECIPE

### Chicken and mushroom pie



#### STEP 1:

Heat the oil in a large, non-stick frying pan. Season the chicken thighs and fry for 5-8 mins until golden brown, turning occasionally.

#### STEP 2:

Lift the chicken onto a plate and tip the bacon pieces into the pan. Fry for 5 mins until crisp. Add the onion, mushrooms and thyme sprigs, then fry on a high heat for another 3 mins until the onions start to colour. Tip the flour into the pan and cook, stirring, for 1 min.

#### STEP 3:

With the pan off the heat, gradually stir or whisk in the chicken stock, followed by the milk, then add the chicken back to the pan.

#### STEP 4:

Bring to the boil, then simmer for 30 mins. Spoon the filling into a large pie or baking dish.

#### STEP 5:

Heat the oven to 220C/200C fan/gas 7. On a floured surface, roll the pastry to the thickness of two £1 coins. Cut a long strip as wide as the rim of the pie dish and, using a little of the beaten egg, fix to the edge of the pie dish. Brush with beaten egg, then lift the rest of the pastry over the pie, using the rolling pin to help. Gently press the edges with your fingers and trim with a sharp knife.

#### STEP 6:

Brush lightly with egg to glaze, then bake for 30 mins or until the pastry is risen and dark golden brown.

## Ingredients

- 1 tbsp vegetable oil
- 8 skinless boneless chicken thighs
- 8 rashers smoked streaky bacon, cut into large pieces
- 1 onion, halved and sliced
- 250g baby button mushrooms
- handful of thyme sprigs
- 2 tbsp plain flour
- 400ml chicken stock
- 200ml milk
- 500g pack puff pastry
- 1 egg, beaten





## AUTUMN THEMED QUIZ



1. Why do leaves on trees change colour in the Autumn?
2. Hedgehogs start to hibernate in Autumn, but what is a baby hedgehog called?
3. What is the Autumn equinox?
4. Which farming activity traditionally takes place in the Autumn
5. Pumpkins are a fruit, true or false?
6. Why do some animals collect and store food in the autumn
7. When does Autumn finish in the Northern hemisphere?
8. In Autumn, do you turn you clocks forwards or backwards?
9. What is the name of the full moon associated with Autumn?



**How much do you know about all things Autumn?**

**Test your knowledge on our quiz!**

### ANSWERS!

1. Trees reduce the production of chlorophyll which is green, so the leaves appear red or orange as they prepare for winter.
2. A hoglet.
3. The Autumn equinox is when day and night is of equal length, usually around the 20th September.
4. Harvesting
5. True!
6. To prepare for hibernation
7. Backwards
8. Harvest Moon.