

Wellbeing Service Newsletter

Spring 2024

Welcome

Welcome to the Spring edition of the Wellbeing Service newsletter. We hope to keep you informed about our services and support you to help you stay socially connected with Age UK Birmingham & Sandwell.

We are looking forward to introducing more activities to our timetable so look out for new activities printed on the timetable on the back of this newsletter.

Adapted exercise class





We are happy to announce the launch of a new adapted fitness class at Ann Marie Howes centre. Led by a qualified fitness instructor; this class is aimed at people who may struggle to use equipment such as resistance bands, but still would like to engage in fitness. The class will combine gentle exercises, along with a few fun activities. Call 0121 437 0333 or email; activities@ageukirmingham.org.uk for more information

Women First walks

New Women First walk and Talk launching at West Smethwick Park, Wednesday mornings at 11am. To register your interest or for more information please contact activities@ageuksandwell.org.uk or call 0121 437 0033



Would you like to get out and meet new people?
Why not come along to our women's only park walk and enjoy some fresh air and have a chat.

 West Smethwick Park, meeting point outside the Pavilion	<ul style="list-style-type: none">• Visiting professionals who support women's wellbeing• Improves physical and mental health• Every week - come rain or shine!• Meet like-minded people
 11 am on Wednesdays	
 Roughly 1 hour	
 Coffee post walk at the Pavillion café	

To register your interest or for more information, please email the activities team activities@ageuksandwell.org.uk or call 0121 437 0033

Birmingham Healthy Minds



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Age UK Birmingham are pleased to announce a partnership with Birmingham Healthy Minds with the launch of a monthly coffee morning programme. These will run on a monthly basis within our current friendships groups which are held at Kings Heath Library and Bartley Green Library. Each session will cover a different topic including; Stress Management, sleep and Mindfulness exercises. For more information about joining any of these friendship groups please call 0121 437 0333 or email; activities@ageukirmingham.org.uk for more information



Wellbeing Activities - Timetable

Monday

Outdoors

10:30am - 11:30am
Sheldon Country Park
Walk

Teleconference

2pm - 3pm
Gardening Chat

Tuesday

Indoor Activity

11am - 12:noon
Pilates
Oscott Community Centre

Outdoors

2pm - 3pm
Lightwoods Park Walk
Bearwood

Wednesday

Indoor Activity

10am - 11am
Sit Move & be Fit
exercise class -
Kenrick Centre

Teleconference

2pm - 4pm
Bereavement
Support Group

Thursday

Indoor Activity

11am - 12:30pm
Erdington Library
Friendship Club

Indoor Activity

11am - 12:30pm
Sit Move & be Fit
exercise class -
Yardley Hub

1pm - 2pm
Sit Move & be Fit
Adapted exercise
class - Yardley Hub

Outdoors

11am - 12noon
Kings Heath Park
Gentle Walk

Teleconference

2pm - 3pm
Quiz

Friday

Indoor Activity

11am - 12:30pm
Kings Heath Library
Friendship Club

Indoor Activity

11am - 1pm
Bartley Green Library
Friendship Club

Sunday

Teleconference

**11.30pm -
12.30pm**
Sunday Chat

To book for any of our activities contact
0121 437 0033 or You can also email for
information: activities@ageukbirmingham.org.uk

Birmingham
ageUK

Sandwell
ageUK

Focus on Walk & Talk Volunteers

Walk & Talk Volunteers Who are they?

Our walk and talk volunteers play a vital role in facilitating our walking groups. They are the warmth, they are the smile, they are the heartbeat of the walk.

Volunteers give their time for free and are enthusiastic in ensuring all participants are happy, safe; ensuring new members are welcomed and existing members are comfortable.

Key Tasks Include

- Lead walks on a planned route
- Research and access new routes
- Engage walk participants in conversation
- Direct conversations to health and wellbeing

Personal qualities and skills

- Genuine interest in the wellbeing and health of older people in our community
- Confident communicator
- Friendly and able to develop relationships
- Understanding and adherence to confidentiality
- Commitment to leading walks on a regular basis - weekly is hoped for



Currently Seeking

Birmingham

- **Mixed Group - Walk & Talk leaders**
 - Monday morning - Sheldon
 - Tuesday afternoon - Bearwood
 - Thursday morning - Kings Heath

Sandwell

- **Women First - Walk & Talk Leader**
 - Wednesday morning

To apply please contact:

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