

NEWSLETTER

Spring 2023

Wellbeing update

Welcome to our first issue of our newsletters for 2023. We hope to keep you informed 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.

Wellbeing Activities

Age UK Birmingham & Sandwell are excited to announce our free Walking Rugby sessions will continue into the summer.

Walking Rugby is a fun team game that is suitable for all abilities from complete beginners to established players . Walking Rugby is a much simpler and less physical version of the traditional game, it is non contact and there is no tackling involved.

Led by a professional coach, players are encouraged to wear comfortable clothing for ease of movement and slip resistant footwear.

Walking Rugby sessions are free to attend every Tuesday 11am -12pm Bournville Rugby Club, Sandon Rd Edgbaston B17

To Sign up or for more information contact 0121 437 0033 or email activities@ageukbirmingham.or.uk

Walking Rugby



Here is a pic (above) of our clients enjoying their weekly Walking rugby session along with Coach Jamie. "Miss P said "I love coming along to the weekly sessions its fun way to keep active and I have met some lovely people"

Meet the Wellbeing Team

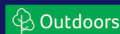


Wellbeing team; pictured right to left Christy, Wellbeing manger, Davinder, Activities Officer, Rachel Activities Officer and Emily, Befriending Officer



Wellbeing Activities - Timetable

Monday

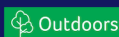


10:30am - 11:30am
Sheldon Country Park
Winter Walk

Tuesday



11am - 12:noon
Pilates
Oscott Community Centre

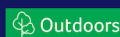


11am - 12:noon
Walking Rugby
Avery Fields Rugby Club

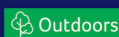


11am - 12.30pm
New activity coming
soon

1.30pm - 3pm
New activity coming
soon



1pm - 2pm
Sutton Park Walk



2pm - 3pm
Lightwoods Park Walk

Wednesday

11am - 12.30pm
New activity coming
soon



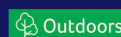
2pm - 4pm
Bereavement
Support Group

Thursday



11am - 12:30pm
Erdington Library
Friendship Club

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



11am - 12noon
Kings Heath Park
Walking Group



1.30pm - 3pm
Art for Wellbeing
- Yardley Hub



2pm - 3pm
Quiz



4pm - 5pm
Gardening Chat

Friday



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



11am - 1pm
Bartley Green Library
Friendship Club

Sunday



3pm - 4pm
Sunday Chat

**Come Along and
Try Something
New!**

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



Focus on.... Information & Advice



In each newsletter we will have a focus on a different department at Age UK Birmingham & Sandwell. In our first newsletter we are highlighting Information and Advice and the work that they do.

Our information and advice team are busy supporting people struggling with cost of living crisis. Since April 2022 we have helped people with claiming £2,065,598 worth of benefits. Following on the success of our advice surgeries at Oscott centre, Ann Marie Howes and Wesley Church (Sandwell)

we are delighted to announce our new surgery at Kenrick centre next month. Our citywide reach makes us accessible to residents in all parts of the city, especially to those who find it difficult to travel to Stratford House. We also continue to provide advice over the phone and through home visits in Sandwell.

Volunteer Opportunities



Telephone Befriending Volunteers Needed

Did you know that 1 in 12 people aged fifty and over in England are often lonely? This figure is only set to rise over the coming years, unless we take action now.

Could you make a positive difference to an older person experiencing loneliness?

The Role Requires

- A weekly commitment to call an older person for at least 30 minutes
- Keeping accurate and confidential records
- Maintaining boundaries of a befriending relationship

What we are looking for

- Excellent listening and communication skills
- A caring, compassionate and reliable manner
- Ability to demonstrate patience and understanding

Gain confidence, forge new friendships and make a difference in your community!



Please contact us for further details

Email: volunteering@ageukbirmingham.org.uk
Visit: Age UK Birmingham - Volunteer With Us
Phone: 0121 437 0033 (ext. 1405)