

Wellbeing Service Newsletter

Winter 2024

New Year update

Welcome to our first issue of our newsletters for 2024. 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.

New Exercise classes - Sit, Move & Be Fit

It's a new year! Would you like to improve your fitness levels? Meet new people? Whether it's improving your balance and flexibility, our friendly classes are designed specifically to focus on these areas and also have fun along the way. Call 0121 437 0333 or email; activities@ageukirmingham.org.uk for more information



Walking Netball Volunteer

Volunteer opportunity for a walking netball group in Great Barr, at an Age UK venue. This would include gentle netball games (rather than a netball match). Note the building used does not have high enough ceiling for playing netball. Full training will be given to support running the sessions and this is March 2024 in Stoke and is provided by England Netball. All expenses of travel to the sessions and to the training will be covered. The sessions would be once a week ideally on Wednesday morning (but there may be some flexibility with this). Currently they run 11am to 12noon every Wednesday.

RELAXATION TASTER SESSION



DO YOU SUPPORT A FAMILY MEMBER, FRIEND OR NEIGHBOUR? SOMETIMES FIND IT TOUGH TO GET TIME OUT FOR YOURSELF OR OVERWHELMED BY RESPONSIBILITIES?

If yes, you may be an unpaid carer and could benefit from this free wellbeing taster session and other services

WEDNESDAY 6 MARCH

11am - 1pm at the Birmingham Buddhist Centre:
11 Park Road, Moseley, B13 8AB



Rest and reset your mind with guided relaxation breathing techniques, body-based movement activities and a morning focusing on your own wellbeing, with others in similar situations.



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

Indoor Activity

11am - 12:noon
Walking Netball
Oscott Community 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

Year round up - Parties, Events & pics

Silver Sunday Event



Volunteer event



Friendship Group Xmas



Xmas Party at Oscott Community Centre

