

You can help Age UK Dudley in the following ways:

Volunteer in your community

With many volunteering roles available you can give your time to make a difference to the lives of older people in Dudley borough.

. For more information

Tel: 01384 356150

volunteer@ageukdudley.org.uk

You can make a donation to Age UK Dudley in a variety of ways:

- Send a cheque made payable to Age UK Dudley
- www.virginmoneygiving.com to donate by debit or credit card

Shop online via

www.easyfundraising.org.uk

You can help us fundraise

For more information:

tel: 01384 357118 or visit our

website www.ageukdudley.org.uk.



Our Services

You can find out more information about all of services by calling 01384 354508 or visit our website www.ageukdudley.org.uk.

Fix-A-Home

Tel: 01384 354508

In partnership with Dudley Trading Standards, the booklet contains a list of vetted and reputable traders.

Comments, Compliments or Complaints:

We welcome all comments and feedback about our services. Should you have any queries or concerns please do not hesitate to raise them with a member of staff.

Or contact us:

3 Dudley Court North

The Waterfront

Level Street

Brierley Hill

West Midlands

DY5 1XP

Email: mail@ageukdudley.org.uk

www.ageukdudley.org.uk

Tel: 01384 354508

Registered charity number 1084182

April 2019



Guide to Our Services 2019/2020



Age UK Dudley works to enable people in Dudley to make more of later life.

We are here to:

- Combat loneliness
- Provide information and advice
- Help people keep independent
- Help people maintain and improve their health and wellbeing



Combating Loneliness

Daybreak Myles Court

Monday—Wednesday

Tel: 01384 340608

Offers the opportunity for people to come together to socialise, have a hot meal and enjoy activities at our centre or get out and about on one of our various trips. We enable people in later life to still enjoy activities which they are no longer able to do on their own.

This is a charged for service and we offer free taster sessions.

Good Neighbour Scheme - Befriending & Combating Loneliness

Monday—Friday

Tel: 01384 354512

Our Good Neighbour Scheme offers support to people who are housebound or less mobile and who live alone by offering friendship in their own home, a Telephone Buddy service and a Home Buddy service. Support is offered through regular visits from a trained and dedicated volunteer team.

Keeping Independent

Stepping Out Foot Care

Monday—Friday

Tel: 01384 267009

This is a basic foot care service delivered by trained staff and volunteers to undertake nail cutting treatments. Foot Care clinics are held throughout the borough.

Charges apply for this service

Shopmobility

Monday—Sunday

Tel: 01384 267007

Based at Merry Hill Shopping Centre. If you require help with your shopping and need a mobility scooter or manual wheelchair to make your visit a better experience. Charges do apply for hire of our equipment and registration is needed for motorised aids.

Please contact Shopmobility before your visit for more information.

Lasting Power of Attorney (LPA's)

Monday—Friday

Tel: 01384 571830

We can offer advice and help managing your affairs with Lasting Power of Attorney and Simple Probate

applications, call for more information. Prices start from £125.

Providing Information & Advice **Information and Advice Service**

Monday-Friday

Tel: 01384 267006

Free impartial information and advice on a wide range of issues and benefits for people aged 60 and over. We provide you with the facts so you can make choices and decisions knowing you have reliable information.

Maintaining & Improving Health and Wellbeing

LEAP over 50 -Activities & Exercise

Monday – Friday

Tel: 01384 343535

Works with individuals, groups and organisations to encourage more activity and exercise opportunities including walking & cycling for 50 plus.

Eatwell - Healthier lifestyle

Monday – Friday

Tel: 01384 343535

Eat Well!...in later life enables people to take steps towards a healthier lifestyle. Free Get Cooking Courses & Community Fit Club nutrition and fitness programmes, helping to understand healthy eating & increase activity levels.

Small Tasks

Monday—Wednesday

Tel: 01384 267002

We will undertake small D.I.Y. jobs for example, fitting shelves, changing light bulbs, changing curtains, draught-proofing doors, etc, within the household where the occupier is no longer able to do them for themselves or do not have anyone to assist them. Charges apply for this service.

Shop & Hub

Charity Shop

119a Stourbridge High Street

Monday –Saturday

Tel: 01384 210757

Visit our friendly charity shop with bric a brac, clothes, books, DVDs and much more. All money made from the shop goes back into Services provided by us to older people in the Dudley borough. Any charity shop donations are greatly appreciated.

Sedgley Hub

6 Etymore Road, Sedgley

Monday—Friday

Tel: 01902 883847

Please contact us for more information. Sedgley Hub is located in the town centre. The hub has a café which serves hot and cold snacks, breakfasts and lunches. We provide a range of activities, groups, information & advice, LPA sessions and have two community rooms available for a small hire fee. Please contact us for more information.