

## DY1

Please contact the organisation / venue for further information.

Organisation: **Centre for Equality & Diversity**

Address: **16a Stone Street, Dudley DY1 1NS**

Telephone: **01384 456166**

Contact: **Dudley College for enrolment**

Email: **admin@cfed.org.uk**

Website: **www.cfed.org.uk**

Activity	Day	Time
Computer Classes	Thursday	9.30am - 12.30pm

Organisation: **Dudley Town Hall**

Address: **St James Road, Dudley DY1 1HP**

Telephone: **01384 815577**

Contact: **Kathleen Drew**

Email: **kathleen.drew@dudley.gov.uk**

Activity	Day	Time
Afternoon Dancing Refreshments provided	Wednesday	1.30pm - 3.45pm
Evening Dancing	Wednesday	8.00pm - 10.30pm

Organisation: **St Francis Parish Church**

Address: **Poplar Crescent, Priory Estate, Dudley DY1 4AF**

Telephone: **01384 356841 / 257873**

Contact: **Debbie Jones**

Activity	Day	Time
Gentle Exercise	Tuesday	10.30am - 11.30am
Active Retirement	Wednesday	10.00 am - 12.00pm

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Organisation: **Dudley Leisure Centre**

Address: **Wellington Road, Dudley DY1 1UH**

Telephone: **01384 812800**

Contact: **Megan Downen**

Email: **megan.downen@dudley.gov.uk**

Website: **www.dudley.gov.uk**

Activity	Day	Time
Early Morning Adult Swim	Every day	7.15am - 8am
Public Swimming (Term time)	Mon, Wed, Thurs, Fri	3.30pm - 6.45pm
Yoga	Monday	6.00pm - 7.00pm 7.15pm - 8.15pm
	Tuesday	6.00pm - 7.00pm
Swimming Lessons for 50+ (Beginners)	Tuesday	9.30am - 10.00am 2.30pm - 3.00pm
		10.00am - 10.30am 3.00pm - 3.30pm
Aqua Aerobics	Tuesday	9.00am - 9.30am
	Sunday	2.45pm - 3.45pm
Badminton for 50+	Tuesday	10.30am - 12.30pm
	Friday	10.00am - 12.00pm
Adult Swimming Lessons Term time only	Saturday	3.15pm - 3.45pm
Dudley Badminton Club	Sunday	6.00pm - 8.00pm
Health and Fitness Undertake Fitness Assessment and use equipment in the Fitness Room / Gym	Any	Any

Options Plus Membership

Gain 50% discount for unlimited access of all activities across  
Dudley Borough for; Fitness Classess, Aerobics, Gym, Aquafit,

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**Organisation: Senior Citizens Enterprise Workshop Group**

Address: **Meadow Road Learning Centre, Meadow Road, Dudley DY1 3JY**  
 Telephone: **01902 402952 (Michael)** Contact: **Michael Smith / Steve Dwyer**  
 Mobile: **07980 401865 (Michael)**  
 Telephone: **0121 530 1230 (Steve)**  
 Email: [scoobie1946@sky.com](mailto:scoobie1946@sky.com)

Activity	Day	Time
<b>Senior Citizens Enterprise Woodwork Group</b> Make wooden objects to keep active and solialise in group	<b>Monday to Thursday</b>	<b>10.00am - 2.30pm</b>

**Organisation: Age UK Dudley - Health and Wellbeing**

Address: **Community Crown Green Bowls, Priory Park, Priory Road, Dudley,  
DY1 4EU**  
 Telephone: **01384 343535** Contact: **Maggie Brookes**  
 Email: [Health&Wellbeing@ageukdudley.org.uk](mailto:Health&Wellbeing@ageukdudley.org.uk)  
 Website: [www.ageukdudley.org.uk](http://www.ageukdudley.org.uk)

Activity	Day	Time
<b>Crown Green Bowls</b> £1 per session Note: Runs April to October	<b>Friday</b>	<b>2.00pm - 4.00pm</b>

**Organisation: Dudley Community Church**

Address: **Dudley Counselling Centre, Salop Street, Dudley, DY1 3AT**  
 Email: [pastorjoedcf@gmail.com](mailto:pastorjoedcf@gmail.com) Contact: **Janet Billingsley**

Activity	Day	Time
<b>Golden Years Friendship Club</b>	<b>Quarterly Events</b>	

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**Organisation: Castle & Priory Neighbourhood Learning Centre**

Address: **Limes Road, Dudley DY1 4AQ**

Telephone: **01384 812337**

Contact: **Scott Shaw**

Website: **[www.dudley.gov.uk/adultlearning](http://www.dudley.gov.uk/adultlearning)**

Activity	Day	Time
Creative Crafts	Monday	10.00am
Maths	Tuesday	10.00am 1.00pm
Certificate in Floral Design	Monday	12.30pm
English - Functional Skills	Wednesday Thursday	10.00am 1.00pm

**Organisation: The Pics**

Address: **St. James House, Trinity Road, Dudley, DY1 1JB**

Telephone: **01384 894672**

Contact: **Robert Couldrey**

Email: **[thepics2014@gmail.com](mailto:thepics2014@gmail.com)**

Activity	Day	Time
Photography Group	Monday & Wednesday	9.30am - 12.30pm

**Organisation: Dudley Carer's Forum**

Address: **Queen's Cross Network Centre, Wellington Road, Dudley, DY1 1RB**

Telephone: **01384 572404**

Contact: **Jane Grainger**

Email: **[dudleycarers@outlook.com](mailto:dudleycarers@outlook.com)**

Website: **[www.thecarersforum.co.uk](http://www.thecarersforum.co.uk)**

Activity	Day	Time
Speakers and Social Activities	Wednesday (1st of month)	11.00am - 2.30pm

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**Organisation: Energie Fitness for Women**

**Address: 157 Old Park Road, Dudley DY1 3NE**

**Telephone: 01902 678777**

**Contact: Bal or Angela**

**Website: [www.eww.co.uk/dudley](http://www.eww.co.uk/dudley)**

Activity	Day	Time
<b>Vibrogym and Motorise Chairs</b> These machines allow the user to exercise the whole body in 30 minutes. The machines are multi functional in that they exercise different body parts simultaneously and they also mimic conventional exercise equipment movements. The main users are those that suffer from MS / Osteoporosis and joint problems but equally those that are short of time, as a full workout can be done within 20 minutes.	<b>Non Members</b>	
	<b>Friday</b>	<b>10.00am - 2.00pm</b>
	<b>Saturday</b>	<b>10.00am - 12.00pm</b>
	<b>Members</b>	
	<b>Monday to Thursday</b>	<b>10.00am - 2.00pm 4.00pm - 8.00pm</b>

**Organisation: The Feelgood Choir**

**Address: DY1 Community Building, Stafford Street, Dudley DY1 1RT**

**Telephone: 01384 292059 /07580 398284 Contact: Jan Wood**

**Email: [rojan-1969@hotmail.co.uk](mailto:rojan-1969@hotmail.co.uk)**

**Website: [www.feelgoodchoir.co.uk](http://www.feelgoodchoir.co.uk)**

Activity	Day	Time
<b>Choir sessions</b> and social activities Cost £4 per session Everyone welcome No auditions.	<b>Wednesday</b>	<b>6.15pm - 8.00pm</b>

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Organisation: **Dudley United Reformed Church**

Address: **Trinity Road, Dudley, DY1 1JQ**

Telephone: **01384 232262**

Contact: **See each activity**

Activity	Day	Time
<b>Gentle Exercise Session</b> Ideal for people with Arthritis, Osteoporosis, etc. Refreshments Contact: Eileen Thompson - 01384 263605	<b>Monday</b>	<b>10.15am - 12.00pm</b>

Organisation: **The Archives and Local History Centre**

Address: **Tipton Road, Dudley, DY1 4SQ**

Telephone: **01384 812337**

Contact: **Scott Shaw**

**Fred Richings**

Website: **[www.dudley.gov.uk/resident/libraries-archives/archives-and-local-history/archives-and-local-history-centre/](http://www.dudley.gov.uk/resident/libraries-archives/archives-and-local-history/archives-and-local-history-centre/)**

Activity	Day	Time
<b>Family History using Computers</b>	<b>Various</b>	<b>Various</b>

Organisation: **Black Country Wood Turners**

Address: **Dudley College, Mons Hill, Wrens Hill Road, Dudley DY1 3SB**

Telephone: **01562 851631**

Contact: **Tony Palmer**

Email: **palmerpens@hotmail.com**

Website: **[www.blackcountrywoodturners.co.uk](http://www.blackcountrywoodturners.co.uk)**

Activity	Day	Time
<b>Black Country Wood Turners</b> To provide the opportunity for people with wood craft skills and similar interests to meet and benefit from contact with other like minded people	<b>Thursday (3rd of month)</b>	<b>6.00pm - 9.00pm</b>

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Organisation: **Cross Street Methodist Church**

Address: **Cross Street, Dudley DY1 1RW**

Email: [john.perks@icloud.com](mailto:john.perks@icloud.com) Contact: **John Perks**

Activity	Day	Time
<b>Friendship Centre</b> Light refreshments served (Not on Good Friday)	<b>Friday</b>	<b>10.30am - 1.30pm</b>

Organisation: **Dudley Canal and Tunnel Trust**

Address: **Birmingham New Trust, Dudley DY1 4SB**

Telephone: **0121 557 6265**

Website: [www.dudleycanaltrust.org.uk](http://www.dudleycanaltrust.org.uk)

Activity	Day	Time
<b>Chit Chat</b> Meet in "The Gongoozler" Café Informal chats with volunteers. Guest speaker	<b>Tuesday</b>  Tuesday (1st of month)	<b>10.00am - 12.00pm noon</b>