

You can help Age UK Dudley in the following ways:

Volunteer in your community

With many volunteering roles you can give your time to make a difference to the lives of people in later life. For more information tel: 01384 356150.

You can make a donation to

Age UK Dudley in a variety of ways:

- Send a cheque made payable to Age UK Dudley
- Donate by mobile phone—text DUQW06 £ amount to 70070
- Online - Visit 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 355982 or visit our

Website:

www.ageukdudley.org.uk.

Our Services

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

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
DY5 1XP

Email: mail@ageukdudley.org.uk

www.ageukdudley.org.uk

Tel: 01384 354508



Eat Well!

Eating Well + Exercise = Healthy Life



Eat Well!

Eat Well! enables people over 50 and living in the Dudley Borough to take steps towards a healthier lifestyle. We aim to help individuals understand healthy eating, follow a balanced diet and increase their activity levels.

The course is FREE and available to anyone over the age of 50 and living in Dudley.

Take steps towards a healthier lifestyle...



Get Cooking! course

This six week course is designed to help you develop the skills to produce healthy affordable meals through demonstration, alternative ingredients and such like.

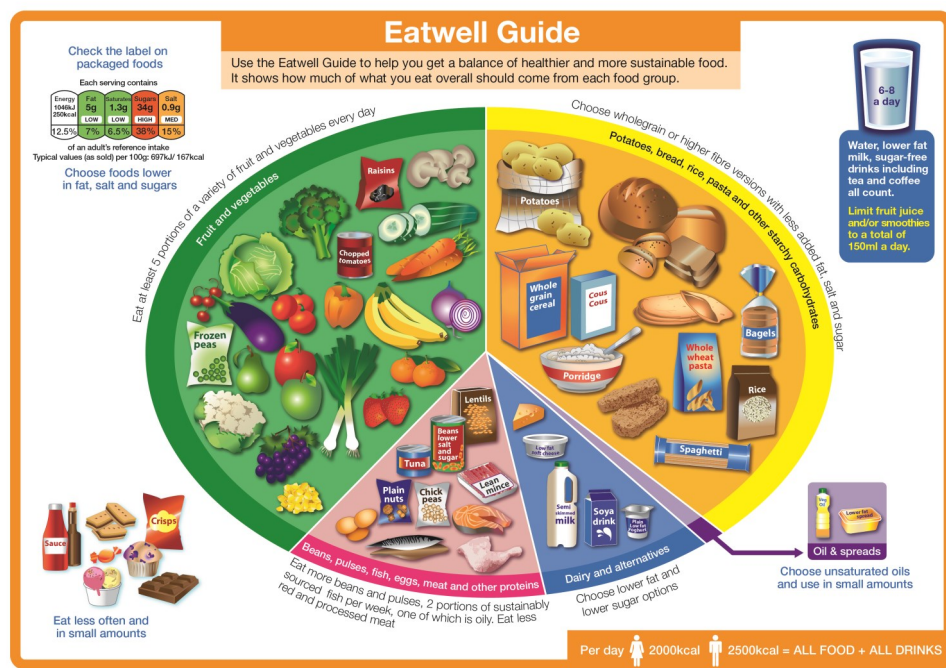
You will also receive advice on how to reduce the risk of developing conditions such as heart disease, stroke and cancer.

Carry on Cooking! Course

Also a six week course designed to follow on from Get Cooking, to further develop knowledge and cooking skills, which entails participants cooking for themselves, learning to cook a variety of meals using healthy and nutritious methods.

Community Fit Club

Community Fit Club is a twelve week weight loss programme. Trained facilitators provide non-judgemental advice and guidance, whilst supporting you through the programme. You're also given a workbook full of advice, information, and guidance on setting targets to make and maintain positive lifestyle changes.



Masterclasses

Our Masterclasses aim to give an overview and cooking demonstrations to provide healthy eating information. These can be designed around specific topics such as cooking with diabetes, cooking for a healthy heart and seasonal cooking or based on general healthy eating areas.

For more information please contact:

Health & Wellbeing Team on:

Tel: 01384 343535

email: Health&Wellbeing@ageukdudley.org.uk

Current courses are advertised on our website:

<https://www.ageuk.org.uk/dudley/activities-and-events/eat-well-courses/>