

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



LEAP Over 50

Keep Active - Keep Healthy



LEAP Over 50



This service provides opportunities for older people to improve and maintain their health and wellbeing. LEAP works with individuals, groups and organisations across the Dudley Borough to create and promote exercise and activity opportunities for people aged 50 and over, whatever their ability.

Who can access the activities?

Anyone aged 50 or over living in the Dudley Borough who would like to:

- meet and socialise with like minded people
- try something new and have fun
- take steps towards a healthier lifestyle.

How can I access the activities?

By telephoning or emailing the Health and Wellbeing team or visiting our website (details at bottom of page).

Healthy Footsteps for 50 Plus

Our weekly walks programme offers a range of walks, catering for different ability levels. It's an ideal opportunity to enjoy the outdoors, meet other people and have a cuppa whilst keeping active and improving your mobility. A quarterly programme is available.

Get Cycling for 50 Plus

Keep active..... join in our weekly cycle rides on a Tuesday morning and occasional Saturdays; for beginners and various abilities. Enjoy a social bike ride down quiet roads, canal towpaths and nature reserve paths. A quarterly programme is available.

Activities Directory

Find out what activities are taking place in your area. LEAP Over 50 provide lists of activities in your postcode area, from local Groups, Activity Centres, Neighbourhood Learning



Centres, Churches and such like.

There's an extensive range of activities, including gentle exercise, art, photography, ballroom dancing, tai chi are just a few of the many available through out the borough.

Community Groups

Supporting not for profit community, faith and activity groups to develop and establish new activities for people over 50.

Do you require support, resources, training or start-up costs? Please contact us for more information and an application pack.

If you are interested in any of the activities or would like more information, please contact the Health & Wellbeing team on:
tel: 01384 343535

**email: Health&Wellbeing@ageukdudley.org.uk
website: www.ageukdudley.org.uk**