




A B C	Overall Grade A = Intermediate B = Moderate C = Easy
 	Terrain - 1 = Easy, 2 = Mainly Easy, 3 = Possibly Uneven, 4 = Uneven, O = Off Road, R = Road, M = Mixed (Off Road and Road)
	Inclines - 1 = Few or None, 2 = Possibly but few, 3 = Possible, 4 = Definite,
(L)	Leading Support Rider
(R)	Reserve Support Rider



LEAP Over 50 Project

Get Cycling for 50 Plus



For more information please contact:



Health and Wellbeing - LEAP Over 50 Project
Age UK Dudley
3 Dudley Court North, The Waterfront, Level Street, Brierley Hill,
DY5 1XP

tel: 01384 343535
email: leapover50@ageukdudley.org.uk
web: www.ageukdudley.org.uk
twitter: @AgeUKDudley



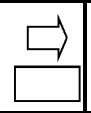

Tuesday Rides
December - February 2018 - 10.00am start - £3 each

(Please arrive 10 - 15 minutes before the ride is due to start)

(See reverse for codes)	DATE / VENUE	VIA	APPROX MILEAGE	COMMENTS	SUPPORT RIDERS	A B C		
	5th December - PENSNETT The Dell Stadium (Playground car park), Bryce Road, Pensnett, DY5 4NE	Mary Stevens Park	10		Brian (L) Peter, Val	B	3M	2
	12th December - STOURBRIDGE Mary Stevens Park (by bandstand), Stourbridge, DY8 2AA	Hollycross	14	Via Clent	Brian (L) Alan, Catherine	A	3R	3
	19th December - KINGSWINFORD Ashwood Nurseries, Kingswinford, DY6 0AE	Enville	9.5		Maggie (L) Barbara, John	A	2R	4
	26th December - No ride							
	2nd January - HIMLEY Himley (Old) Station, Himley Lane, Himley (turning by bridge), DY3 4LN	Ashwood Nurseries	8		Alan (L) Roger	B	3M	2
	9th January - KINGSWINFORD King George VI Park (Bowling Green), Park Lane, Kingswinford, DY6 8AY.	Himley	9		Brian (L) John, Pam	C	2M	2
	16th January - MENS / LADIES ONLY							
	23rd January - HIMLEY Himley (Old) Station, Himley Lane, Himley (turning by bridge), DY3 4LN	Kinver	15		Pam (L) Alan, Barbara	C	1M	2
	30th January - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD	Aldersley	12	Cupcake Lane	Brian (L) John, Peter	B	2O	1
	6th February - HIMLEY Himley (Old) Station, Himley Lane, Himley (turning by bridge), DY3 4LN	Bells Mill Fishery	10		Pam (L) Barbara, Peter	C	1M	2
	13th February - COSELEY Silver Jubilee Park (hub building), Mason Street, Coseley, WV12 0SZ	Wolverhampton	12	Stafford Street	Roger (L) Alan, Brian	B	2O	2
	20th February - BIRMINGHAM Cannon Hill Park, 2 Russell Road, Moseley, Birmingham, West Midlands, B13 8RD	Sainsburys Longbridge	15		Brian (L) Barbara, Roger	C	2M	1
	27th February - STOURBRIDGE Mary Stevens Park (by bandstand), Stourbridge, DY8 2AA	Wolverley	18/22	Via canal	Alan (L) Catherine, John	A	3M	3

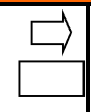

Breeze Rides - Ladies Only
December - February 2018 - 10.00am start - £3 each

(Please arrive 10 - 15 minutes before the ride is due to start)

(See reverse for codes) DATE / VENUE	VIA	APPROX MILAGE	COMMENTS	SUPPORT RIDERS	A B C		
16th January - PENSNETT The Dell Stadium (Playground Car Park), Bryce Road, Pensnett, DY5 4NE	Bonded Warehouse	8		Maggie (L) Catherine, Val	B	30	3

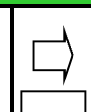

Breeze Rides - Ladies Only - FRIDAY
December - February 2018 - 10.00am start - £3 each

(Please arrive 10 - 15 minutes before the ride is due to start)

(See reverse for codes) DATE / VENUE	VIA	APPROX MILAGE	COMMENTS	SUPPORT RIDERS	A B C		
23rd February - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD	Aldersley	12	Cupcake Lane	Karen (L)	B	20	1

Mens Only
December - February 2018 - 10.00am start - £3 each

(Please arrive 10 - 15 minutes before the ride is due to start)

(See reverse for code's) DATE / VENUE	VIA	APPROX MILAGE	COMMENTS	SUPPORT RIDERS	A B C		
16th January - PENSNETT The Dell Stadium (Playground Car Park), Bryce Road, Pensnett, DY5 4NE	Parkhead	10		Roger (L) Brian, Peter	B	2M	2

Community Café and Charity Shop Sedgley Hub

NOW OPEN

Monday to Saturday
9.30am to 4.30pm

Hot and cold drinks
Sandwiches and toasties made to order
Other light snacks available

Footcare, Information Service, Group Activities,
Local Groups and more

6 Ettymore Road
Sedgley
DY3 3SG

Call 01902 883847 for more information



New Activities in the Community

Netherton Café Social Group

Tired of the same four walls - a social group who meet once a month for crafts and other activities.

Netherton Café, 1 Northfield Road, Netherton, Dudley, DY2 9ES

From 1.30pm
31st October and 28th November

£1.80 includes cake and a cuppa

To find out more call 07926 263324

Games Morning

Enjoy a chat and participate in board games, dominoes, darts, cards and other games.

*Age UK Community Café and Charity Shop, Ettymore Road,
Sedgley, DY3 3SG*

Friday mornings - 10.00am to 12.00pm

£2 includes tea and coffee

To find out more and to book your place call Health and Wellbeing on 01384 343535 or email maggie.brookes@ageukdudley.org.uk