

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 354668 or visit our website www.ageukdudley.org.uk.

Donate your unwanted goods

to our charity shop. We need ladies wear, menswear, shoes, handbags, accessories, DVDs, CDs, books and household items.

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

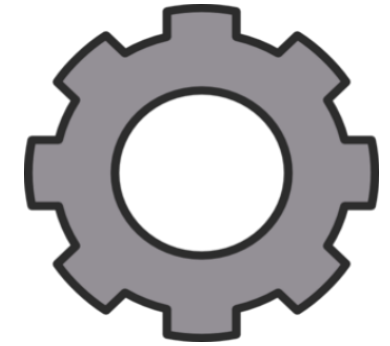


Registered charity number 1084182
September 2018



Dementia Support

COGS Club
Thursdays
10am –3pm



at
Queens Cross Network
Wellington Road
Dudley
DY1 1RB
Contact: 07387 593397



What is a COGS Club?

COGS Clubs may be able to help people experiencing problems with memory.



These clubs aim to encourage members to participate in purposeful activity in order to develop or maintain active minds.

The Clubs are modelled on Cognitive Stimulation Therapy. They provide a range of stimulating and enjoyable activities as well as the opportunity to socialise, have fun and make new friends.

For carers the clubs provide the opportunity to have a break and some time to themselves.

The day is from 10am to 3pm and includes a light lunch / snack and tea or coffee.

Who can use the Service?

Anyone with a diagnosis of mild to moderate dementia who would benefit from joining the COGS club.

Charges

£25 per day, including lunch and refreshments.

How do I join?

By contacting your Dementia Advisor who will refer you to the service or contact the COGs co-ordinator, **Kay Walker**, direct on 07387593397. We will arrange to visit you at home to discuss your individual needs and whether COGs would benefit you.



We also hope to run a COGS Club in Halesowen on Tuesdays.

If you are interested in COGS Clubs or would like more information, please contact the team on:

tel: 07387593397

email: cogs@ageukdudley.org.uk

www.ageukdudley.org.uk