

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
- 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



Daybreak



Daybreak

Daybreak offers the opportunity for people to come together to socialise, have a meal and enjoy activities at our centre and/or get out and about taking one of our various trips. We enable people in later life to still enjoy activities which they are no longer able to do on their own, encourage independence and make new friends.

Who can use the Service?

Our Daybreak service is open to anyone **aged 60 years** or over who would benefit from the day opportunities that we provide.

We are based at Myles Court in Brierley Hill and our service is available **Monday, Tuesday & Wednesday 9.00am to 4.00pm.**

Daybreak Offers

Meals

Breakfast on arrival

3 course lunch

Afternoon tea (for those who do not go out on a trip in the afternoon)

'Take Home' sandwich service (at an additional charge)

Special diets are catered for.

Activities

Centre based social activities including

- Arts and Crafts
- Games, and Reminisce
- Gentle exercise— Every Tuesday and Wednesday morning
- Bingo
- Baking
- Quizzes and many more...

Afternoons

Provide the opportunity for shorter outings to enjoy local places of interest and favourite community facilities like the shops, a garden centre or just a drink at the pub. For those staying at the Day Centre we have activities and entertainment throughout the afternoon.

Charges

The cost of a day at Daybreak is £29.50

How do I join?

Come and see what Daybreak is all about with a **Free Taster session!!** Spend the day with us, join in with our activities and socialising, including a 3 course home cooked lunch.

You can contact us yourself or ask a family member, friend, carer or service provider to contact us on your behalf. We will send you a short form to complete and invite you to visit us, to see what we can offer you and answer any questions you may have.

You are most welcome to visit Daybreak to have a look around and ask questions.

Please note you will need to arrange your own transport to and from Myles Court. We can signpost you to various transport options available.

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

tel: 01384 340608

**email: mandy.hopeton@ageukdudley.org.uk
Myles Court, John Street, Brierley Hill, DY5 1RJ**