

You can help Age UK Dudley in the following ways:

Volunteer in your community

With many volunteering roles available you can give your time to make a difference to the lives of older people in Dudley borough.

. For more information

Tel: 01384 356150

volunteer@ageukdudley.org.uk

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 - 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 357118 or visit our

website www.ageukdudley.org.uk.



Our Services

You can find out more information about all of 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
West Midlands
DY5 1XP

Email: mail@ageukdudley.org.uk

www.ageukdudley.org.uk

Tel: 01384 354508

Registered charity number 1084182

January 2018



Guide to Our Services 2018/2019



Age UK Dudley works to enable people in Dudley to make more of later life.



We are here to:

- **Combat loneliness**
- **Provide information and advice**
- **Help people keep independent**
- **Help people maintain and improve their health and wellbeing**

Combating Loneliness

Daybreak Myles Court

Tel: 01384 340608

Offers the opportunity for people to come together to socialise, have a hot meal and enjoy activities at our centre .

We enable people in later life to still enjoy activities which they are no longer able to do on their own. This is a charged for service.

Providing Information & Advice

Information and Advice Service

Tel: 01384 267006

Free impartial information and advice on a wide range of issues and benefits for people aged 60 and over. We provide you with the facts so you can make choices and decisions knowing you have reliable information.

Shop & Hub

Charity Shop

119a Stourbridge High Street

Tel: 01384 210757

Visit our friendly charity shop with bric a brac, clothes, books, DVDs and much more. All money made from the shop goes back into Services provided by us to older people in the Dudley borough. Any charity shop donations are greatly appreciated.

Sedgley Hub

6 Ettymore Road, Sedgley

Tel: 01902 883847

Sedgley Hub is located in the town Centre of Sedgley and is a place where you can pop into our a Café for a sandwich and hot drink, shop in our charity shop, get information about all our services or take part in activities that are going on. We also have a community room that can be used for outside groups, Please contact us for more information.

Maintaining & Improving Health and Wellbeing

LEAP over 50 -Activities & Exercise

Tel: 01384 343535

Works with individuals, groups and organisations to encourage more activity and exercise opportunities including walking & cycling for 50 plus as well as a variety of sports.

Eatwell - Healthier lifestyle

Tel: 01384 343535

Eat Well!...in later life enables people to take steps towards a healthier lifestyle. Free Get Cooking Courses & Community Fit Club nutrition and fitness programmes, helping to understand healthy eating & increase activity levels.

Good Neighbour Scheme - Befriending & Combating Loneliness

Tel: 01384 354512

A volunteer befriending service dedicated to reduce social isolation and loneliness of older people by regular home visits and telephone buddy calls.

Keeping Independent

Stepping Out Foot Care

Tel: 01384 267009

A basic foot care service delivered by trained staff and volunteers to undertake nail cutting treatments. This is a charged for service

Shopmobility

Tel: 01384 267007

Based at Merry Hill Shopping Centre. For a charge, you can hire a manual wheelchair or a mobility scooter to help make your shopping visit easier.

Stay Safe and Small Tasks

Tel: 01384 267004

Provides help in preventing accidents and falls, including small DIY jobs undertaken by volunteers e.g. fitting shelves, changing light bulbs, changing curtains and rails.

Fix-A-Home

Tel: 01384 267002

In partnership with Dudley Trading Standards, the booklet contains a list of vetted and reputable traders.