

WHAT'S ON EDITION

Big Knit:

Thanks to all the volunteer 'Big Knitters' who have helped produce a phenomenal 8,500 hats for Innocent Smoothie drinks this year. The funding raised from their activity helps us provide hampers for Christmas to vulnerable Age UK Sandwell service users. If you would like to help us knit hats for this campaign call us on 0121 314 4526 for details. The photo below gives an example of the great little hats the knitters produced:



Creative Hub West Bromwich

Lots of varied activities are taking place full details on page 6.



Every Monday at The Wesley Community Centre
10.30am-11.30am

Rear of The Wesley Church/ Lloyds Bank, High Street, West Bromwich B70 8ND

Over 60s Walking Football for men and women
TURN UP AND PLAY, FREE OF CHARGE

For further information
contact Paul Glover on: 07984 610 284



Age UK Sandwell Day Centre

Age UK Sandwell Day Centre is based in Beeches Road, West Bromwich and offers activities for older people aged 50+ including:

- Home cooked meals by our experienced cook.
- Exercise sessions and other physical activities to maintain and improve mobility.
- Day trips/days out.
- Quizzes and other group games.
- Transport to and from the Day Centre each day (if you live in Sandwell).
- Full day care sessions are provided for older people with dependent or personal care needs, those with poor mobility and/or have been accessed by Social Services and offered a personal budget. Full day care support is provided by NVQ qualified, trained and experienced care workers costs £26.49 per day with a subscription charge of £8.50 per day for activities, transport and meals.
- *FREE* Taster sessions are available so call now on 0121 525 2499 to arrange your session.
- Volunteers always needed so feel free to call us on 0121 314 4526 and ask for an application pack if you would like to donate some of your time to this service.



Lunch Club Drop In Sessions

This is based also based at Age UK Sandwell Day Centre in Beeches Road, West Bromwich

- The Lunch Club Drop in sessions are available to any person 50+ who wishes to attend social activities and make new friends.
- An opportunity to meet up and have a two course lunch, socialise and have some laughs.
- We meet every Tuesday, Thursday and Friday.
- This costs £17.50 per day for activities and meals plus transport if required.
- *FREE* Taster sessions are available so call now on 0121 525 2499 to arrange your session.

INFORMATION AND ADVICE SURGERIES

This is a core service for the organisation providing a drop-in facility in various venues around Sandwell. The service supports older people, relatives and carers across the borough. They can obtain specialist advice on a range of issues as well as information about services, benefits and support groups. This may be accessed, either by visiting one of the drop in sessions or by telephone.



Please telephone 0121 314 4526 for advice or to find out when Gary Overton, our Information and Advice Manager, is at a venue near you. The following venues are currently holding sessions:

- Thimblemill Library,
- Glebefields Library,
- Wednesbury Library,
- Blackheath Library and
- The Creative Hub, Wesley Community Centre, High Street, West Bromwich.

Please phone 0121 314 4526 for regular dates and times or see adverts in the local press.

Sorry we don't see clients at the main office site in Broadwell Road, Oldbury.

Many older people are not claiming their full benefit entitlements!

Call us or drop into a local venue and we can help you with benefit checks and new benefit applications. We offer:

- Help with completing forms for attendance allowance and other benefits.
- Advice on council tax and housing benefit.
- Advice on how to get help with housing repairs.
- How to keep your house warm and subsidised insulation deals.
- Housing options - sheltered, residential/nursing homes.
- Home visits are available by appointment to those with mobility limitations.

If you call outside of the above opening hours you will be automatically be put through to our national advice line which operates from **8am - 7 pm** for **365** days a year. They will either assist with your enquiry directly or arrange for one our staff to call you back during our opening hours.

Community Support

Community Information and activities



Friendship Group & Gentle Exercise



You can attend either session or both at a reduced cost

Exercise Class 10.30am-11.30am £1

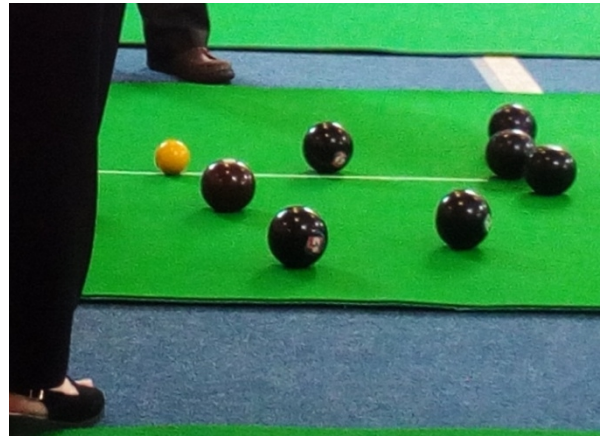
11.30am-12.30pm Refreshments 50p

Both exercise and activities £1.50

Hope Church, St James Road, Rounds Green, Oldbury, B69 2BX

Every Tuesday

Contact Age UK Sandwell on 0121 314 4526 for more information.



The Bowling Group meets on a Thursday morning at Hope Church, St James Road, Rounds Green, Oldbury.

Session starts 10:30 – 12:30.

Everyone attending says how much they enjoy the social aspect of this group as well as helping to keep fit.

Colin Hooper, Volunteer, runs this group.

Do you run a group and would like someone to give a talk?

The Community Support Manager will come to your group free of charge and explain all the services and activities Age UK Sandwell has to offer, including information on how to stay safe and who else to contact for help in Sandwell.

For further information on any of our community services contact:

The Community Support Manager on
0121 314 4526

or email reception@ageuksandwell.org.uk



Beginners Computer Courses are about to take place at

The Barlows Centre, Pound Road, Oldbury B68 8LW starting in September.

This will be followed by an advanced / follow on course. Each course runs for 6 weeks and costs £12.

Creative Hub

The Men's Group meets every Monday from 10:30am to 12:30pm. Walking football, pool, snooker and various craft activities or just tea and a chat.



Craft group meets every Wednesday from 10:30am to 12:30pm:



Digital Drop In Every Thursday from 1 to 3pm for help with phones, laptops and iPads:



Art Group meets every Thursday from 1 to 3pm:



All Creative Hub activities are FREE due to Big Lottery funding and take place in the Wesley Community Centre, High Street, West Bromwich. Exercise Hour takes place on Tuesdays 12noon – 1pm. Call 0121 314 4526 for more details.

Spotlight on Volunteering

Volunteering with Age UK Sandwell.

- We are always looking for people who can help us for example at our Day Centre, making cups of tea, helping out in the kitchen or running an activity session or supporting a group in the community
- Our volunteers receive FREE training in relevant fields.
- If you would like to apply please contact us on 0121 314 4526.

Age UK Sandwell's Volunteer of the Year – spot light on Maurice Cooper

How long have you been a volunteer with Age UK Sandwell?

I started volunteering with Age UK Sandwell in January 2011.

Why did you become a volunteer with Age UK Sandwell?

I had been working for Sandwell college of Further education on a part time basis teaching Basic Skills Mathematics. This was now coming to an end as due to funding changes the department I worked for was going and I was made redundant. I wanted something to fill the space I was going to have in my life. I started volunteering at Sandwell college in 2001 after I was medically unable to continue working full time due to a Neuro Muscular Condition I have. I retrained after taking advice from Occupational Health and became a teacher on a part time basis for Sandwell College and Wolverhampton College. As time went on I had to cut out teaching at both colleges and concentrate on teaching at Sandwell College and the University Degree I decided I would like to do. I am pleased to say I enjoyed retraining and passed and have a BA (hons) in Teaching in Further Education

How have you helped people?

I have tried to help others all my life and have always encouraged people to make the best of themselves. I tell people of what I have tried to do with my life failures as well as successes, and hope this encourages others. During my time teaching it opened my eyes to how many adults struggled with Basic English and Mathematics, also these same people especially older people over the age of 45 struggled with the new digital technology we have today. Whilst teaching I was helping these people, so volunteering enables me to channel my expertise to help more people. I am disappointed that we now live in a society that expects everyone to be able to use digital technology and have access to information on the internet. Large organisations such as the government and other institutions now regularly tell us to access the information 'on line'. This excludes millions of people from gaining the necessary information they may require. We need to be able to access a 'real person' if help is required by these people.

Would you recommend volunteering?

I would definitely recommend doing some voluntary work; it does not have to be all the time so it takes over your life, a couple of hours a week would suffice. You meet some lovely people and it is very satisfying to help others which makes you feel better about yourself, which can only be good for you.

What is your favourite piece of equipment?

My smart phone, it is a powerful computer which fits neatly in my pocket. I marvel at the thought of how powerful my smart phone is compared to the two on-board computers on the spacecraft that took Neil Armstrong, Edwin "Buzz" Aldrin and Michael Collins to the moon in 1969. All the computer power on the planet at that time, which would be hundreds of large buildings, now fits neatly in my pocket.

What is your favourite activity?

My favourite activity is going on holiday, I love visiting new places and soaking up the atmosphere. We live in an age where we are very lucky to be able to travel the globe in hours. Only 200 years ago most people did not travel outside the place where they lived, and it would take months to sail around the world.

Observation from one of our computer learners:



versus



I treated myself to a laptop but missed using a mouse. Shirley and Maurice said “that’s not a problem you can buy one”. So off I went to Argos – out of stock. Sainsbury’s – don’t sell them!

In Pound land I was told to look in the pet section by a young man, working there, who I thought would know more about computers than me! But I did have a really good laugh when I got home.

Smiling is Infectious

Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too.

I passed around the corner
And someone saw my grin
When he smiled I realised
I’d passed it on to him.

I thought about that smile
Then I realised its worth
A single smile just like mine
Could travel round the earth.

So if you feel a smile begin
Don’t leave it undetected
Lets start an epidemic quick
And get the world infected!

Quotation

A friend is someone who knows all about you...but still likes you anyway.

Send in your poems, articles & recipes to:

Age UK Sandwell, Office 49, Pure Offices,
Broadwell Road, Oldbury B69 4BY or email to
reception@ageuksandwell.org.uk

What Elderly People Are Worth

Remember old folks are worth a fortune,
with silver in their hair,
Gold in their teeth, Stones in their
kidneys,
Lead in their feet, Gas in their stomachs.
A few changes come into a woman’s life,
Frankly you become a frivolous old soul,
I see six gentlemen every day,
As soon as I wake up,
“Will Power” gets me out of bed,
Then I go to see “Johnny Loo”,
Next “Charlie Cramp” comes along,
Who takes up a lot of time and attention,
Also at the same time I’m with Arthur
Ritis”,
He doesn’t stay in one place,
He takes me from joint to joint,
After such a busy day I am tired, I’m glad
to go to bed with “Johnny Walker”,
Oh yes, I’m also flirting with “Al
Zheimers”,
The vicar called the other day,
He said I should be thinking of the
hereafter,
I said I do all the time,
In the lounge, up the stairs,
In the kitchen, down the cellar,
I ask myself, now what am I “Here after”

Sheila Harrison.

Brain Training

L I N C O L N S H I R E P O A C H E R E X
 F W S H R O P S H I R E B L U E M L L N M
 N C D P W E N S L E Y D A L E C J A R W S
 H O I E Q J B C H E S H I R E H D Q O V A
 Y T N N D O U B L E G L O U C E S T E R G
 R T X C H L G O J E A H N V L D S W L J E
 R A H A O D C G R A Z A K A C D O A C K D
 E G W R B U R U E K M R W E C A M P O D E
 D E Q R N N W A P S N S W C Q R E P R Q R
 W P S E Q L H I T I P E R U Q Y R L N L B
 I H R G F O Z N L Q L T Y R H N S E I A Y
 N J J B K P U Y U T H C S D V H E W S N X
 D W L R K H Z P W D S J H R F U T O H C O
 S N I I G Z M O N X G H F E H Z B O Y A X
 O T H E I S L A Y E P L I G S N R D A S V
 R K E B L U E V I N N E Y R O T I T R H N
 M H C R O W D I E D Z F S E E A E V G I P
 A V O I O K B M A R Y G N V N L T R Y R R
 X Y C A E R P H I L L Y M H X K O S S E X
 A Y V M R E D L E I C E S T E R V A W A U
 U I V N L G C Q S T I L T O N R F F F X E

WORDSEARCH COMPETITION

Cross off each word listed as you find it. There is one cheese word in the grid that does not appear in the list.

Send your answers to
 Age UK Sandwell, Pure Office 49,
 Broadwell Road, Oldbury B69
 4BY or email
reception@ageuksandwell.org.uk

Entries to be received by 4:30pm
 on Tuesday 28th November 2017
 for a chance to win a £10
 voucher.

APPLEWOOD CORNISH YARG CURD DOUBLE GLOUCESTER ILCHESTER LANCASHIRE RED STILTON CAERPHILLY CROWDIE ISLAY WILTSHIRE LOAF	BLUE VINNEY COTTAGE SAGE DERBY GOATS LINCOLNSHIRE POACHER RED WINDSOR DUNLOP ORKNEY STINKING BISHOP	CHESHIRE CHEDDAR HUNTSMAN LEICESTER SHROPSHIRE BLUE SOMERSET BRIE WENSLEYDALE PENCARREG BRIE SWALEDALE
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SUDOKO FOR FUN:

3	5	1	2	7	4			8
7								
	6						3	2
		6			2	1	4	
8	4			1			7	3
	1	3	7			8		
5	3						2	
								9
1			8	2	6	3	5	7

SPOT THE DIFFERENCE:

