



Summer 2025



## MAKING A DIFFERENCE

The Wellbeing Team at Age UK Sandwell are delighted to welcome new volunteer Bally who runs the two Apna Wellness Social Connection groups aimed at the Sikh community and to individuals who need help to speak English as Punjabi is their first language. These two groups take place at Smethwick Library on a Monday with the men's hour running from 11am until 12pm and the women's hour running from 12pm until 1pm.

We asked Bally why she decided to volunteer for Age UK. Here's what she had to say:

"I enjoy connecting people and get them together and talk. As a Sikh woman who understands the culture, I know what it feels like to have been isolated, for many reasons. I try to create a positive impact and make a difference in people's lives."

If you are interested in joining Apna Wellness Social Connection or for more information, please call 0121 437 0033 or email the wellbeing team at [wellbeing@ageuksandwell.org.uk](mailto:wellbeing@ageuksandwell.org.uk)

## WELCOME

Welcome to the Summer edition of Age UK Sandwell's wellbeing newsletter. We hope to keep you informed about our services and to showcase what we have been up to.

You can access more information through our website

[www.ageuksandwell.org.uk](http://www.ageuksandwell.org.uk) or via our social media pages.



Age UK Sandwell



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Age UK Sandwell




[ageuk.org.uk/sandwell/](http://ageuk.org.uk/sandwell/)

# WHAT'S ON IN SANDWELL



## Wellbeing Activities - Timetable

### Monday

 Indoor Activity

**11am - 12pm**

**Coffee Mates**

Cradley Heath library  
(On the third Monday of  
each month)

 Indoor Activity

**11am - 12pm**

**Men's Apna  
Wellness**

Smethwick Library  
(Available to Punjabi Sikhs)

 Indoor Activity

**12pm - 1pm**

**Women's Apna  
Wellness**

Smethwick Library  
(Available to Punjabi Sikhs)


 Indoor Activity

**2:30pm - 3:30pm**

**Sound bathing**

Thimblemill Library

### Tuesday

 Indoor Activity

**11am - 12pm**

**Coffee Mates**

Smethwick Library

### Wednesday

 Indoor Activity

**10:45am - 12pm**

**Bingo**

Sandwell Mecca Bingo  
£3 per session  
including two games  
and a hot drink

### Thursday

 Indoor Activity

**10am - 12pm**

**Bowls**


Lion Farm Estate, Oldbury

 Indoor Activity

**10.15am - 12:30pm**

**Bowls**

Hope Church, Oldbury

 Outdoors

**11am - 12pm**

**Walk & Talk**

West Smethwick Park

### Sunday

 Indoor Activity

**11am**

**Sandwell**

**Veterans**

**Breakfast Club**

Waggon & Horses,  
Oldbury

(On the first Sunday of  
each month)

### Coming soon...

 Indoor Activity

**11am - 12pm**

**Gym Session**

Holly Lodge High School,  
Holly Lane, Smethwick

To book for any of our activities  
contact  
**0121 437 0033**  
email for information:  
[wellbeing@ageuksandwell.org.uk](mailto:wellbeing@ageuksandwell.org.uk)



## A FOCUS ON...

### Sound relaxation

Age UK Sandwell are working with Beat It Percussion who provide interactive rhythm sessions to stimulate the brain, encourage physical activity and promote social inclusion through the healing properties of sound. It is perfect if you're looking for a way to unwind and relax.

**Every Monday, 2:30pm - 3:30pm**



Coffee Mates Cradley Heath

### Coffee Mates - Cradley Heath

Coffee Mates is designed for people to come and chat and to meet new people. The sessions vary with some weeks being a chat with a cuppa, others having activities planned or guest speakers. It's a relaxed informal environment and everyone is welcome.

**Every 3rd Monday, 11am - 12pm**





## VOLUNTEERING

**Many of our activities are lead by our amazing and dedicated volunteers. We are looking for some more individuals to help us continue to offer vital services in the community.**

### Why volunteer?

By volunteering for Age UK Sandwell, you'll play a vital role in improving later life for older people across the city. Volunteering with us is a great way to meet new people, develop your skills and experience and make a meaningful contribution to your community.

**Scan the QR code to see what volunteering opportunities are available. Alternatively you can visit <https://www.ageuk.org.uk/sandwell/get-involved/volunteering2/>**



## COMPETITION

**Would you like your recipe to be featured in our next newsletter?!**

Food brings people together and we would like to create the opportunity for people to share their recipes to the wider community and for others to try something new.

If you would like to enter, please send us an email to [wellbeing@ageuksandwell.org.uk](mailto:wellbeing@ageuksandwell.org.uk) with your recipe details along with a picture of your recipe to be in the chance of being featured in our next newsletter!

We look forward to seeing your entries and good luck!

## RECENTLY...

### Spring social



### Lightwoods Daylight Disco



**At Age UK, we understand that navigating the complexities of later life can be challenging. That's why our Information and Advice Department is here to support you every step of the way.**

Our dedicated team offers free, confidential and impartial advice tailored to your needs over the phone or face to face at one of our many locations (Highgate, Sheldon, Bourneville, Harborne, Kingstanding, Rubery, West Bromwich, Cradley Heath, Rowley Regis, Tipton, Oldbury)

### **Our advisors can help you with:**

- Maximising your income
- Discuss housing options
- Keep you independent in your home by exploring your care needs
- Support you with consumer related issues such as gas, electric and water arrears
- Fill in forms, write letters and make telephone calls
- Access local services

**To speak with an advisor or find your nearest local drop in, please call 01214370033 or email [info@ageukbirmingham.org.uk](mailto:info@ageukbirmingham.org.uk)**

**We are here to help!**





## REFRESHING SUMMER DRINK

### Homemade Mint Lemonade



#### STEP 1:

Tear up the mint and place into a small saucepan, add the caster sugar and 150ml water. Bring to the boil and simmer until all the sugar is dissolved.

#### STEP 2:

Cool and mix together in a large jug with the lemon juice, a large handful of ice and top up with the sparkling water. Taste and add more lemon juice if needed, serve with some twists of lemon zest and more mint sprigs in the jug.



## SUMMER THEMED QUIZ

Test your knowledge on all things Summer!



**1 - What is the length of the longest beach in the UK?**

A) 18 miles B) 7 miles C) 14.5 miles D) 9 miles

**2 - What year did Wimbledon first start?**

A) 1853 B) 1899 C) 1862 D) 1877

**3 - Which famous landmark increases in size in the summer?**

A) The Statue of Liberty B) The Eiffel Tower C) The London Eye  
D) Sydney Opera House

**4 - In the grounds of which institution is the Chelsea Flower Show held?**

A) Kew Gardens B) The Commonwealth Institute C) Royal Hospital  
D) Westfield Park

**5 - Where is Queen Victoria's seaside retreat Osborne House located?**

A) Eastbourne B) Isle of Wight C) Brighton D) Isle of Guernsey



## Ingredients

- 20g mint
- 100g caster sugar
- 6tbsp lemon juice
- 750ml sparkling water

## ANSWERS!

- 1 - A. Chesil beach is the longest beach in the UK and is located in Dorset.  
2 - D. Wimbledon first started on the 9<sup>th</sup> July 1877.  
3 - B. The Eiffel Tower can expand up to 8 inches due to it's iron structure.  
4 - C. The show has been held there since 1913.  
5 - B. The house was built between 1845 and 1851 for Queen Victoria and Prince Albert as a summer home and rural retreat