

# WELLBEING NEWSLETTER



## MAKING A DIFFERENCE

If you've ever taken part in our Walk and Talk group at West Smethwick Park, chances are you've already met the brilliant duo at the heart of it- Pritam and Michael. These two dedicated volunteers have helped the group grow to an incredible forty members, creating a welcoming space where people can enjoy fresh air, gentle exercise, and great company.

Thanks to their time, energy, and enthusiasm, the weekly walk has become a highlight for so many in Sandwell- a chance to connect with nature, meet new friends, and feel part of something special.

Together, Pritam and Michael have created more than just a walking group- they've built a community. Their dedication helps people feel healthier, happier, and more connected, and we couldn't be more grateful for everything they do.

The appreciation for Pritam and Michael is felt deeply, with one group member sharing "regardless of ability or speed, they sense when someone needs extra support. This goes for when we socialise afterwards too. They just know how to make everyone feel included. Come rain or shine, they are smiling and full of energy. We want to let them know that they are extremely appreciated and we are very thankful to them and Age UK Sandwell for this walk".

## WELCOME

Welcome to the Winter 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 listed below.



Age UK Sandwell



auksandwell



Age UK Sandwell



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

# VOLUNTEERING

Would you like to volunteer for us?

By volunteering for Age UK Sandwell, you'll play a vital role in improving later life for older people across the borough.

Volunteering with us is a great way to meet new people, develop your skills and make a meaningful contribution to your community.

You can scan the QR code to visit our volunteering page. Alternatively you can visit <https://www.ageuk.org.uk/sandwell/get-involved/volunteering2/>



## A FOCUS ON

Our Christmas Daylight Disco at Edgbaston Cricket Ground

We had a joyful afternoon at Edgbaston Cricket Ground celebrating our Christmas Daylight Disco. The afternoon was filled with music, connection and amazing community spirit. Thanks to everyone involved it was nothing short of magical and we were overwhelmed with the heartfelt messages throughout the day.

Birmingham Opera provided a standout moment and afterwards the DJ kept the dancing alive with an inclusive mix of genres that had everyone moving. One guest mentioned it was "so amazing for our physical and mental health!".

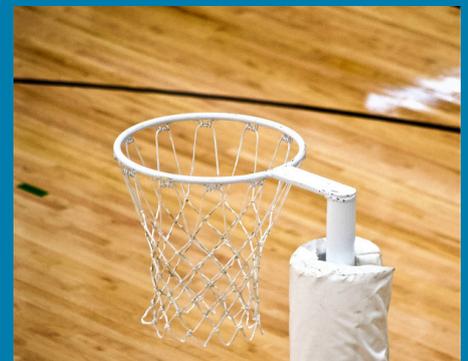
The food and hospitality didn't go unnoticed neither with guests saying it "was better than ever" and "no room for improvement".

We're grateful for everyone who joined us, danced with us, laughed with us and helped make our Daylight Disco a celebration to remember.



Winter 2026

## ACTIVITY SPOTLIGHT



### Women's Walking Netball on Fridays

Walking Netball is a slower-paced version of the game, perfect for those who want to stay active while enjoying the social side of sport.

It's netball at a walking pace, with sessions full of fun, laughter, and camaraderie.

We have partnered with England Netball and The Albion Foundation to deliver sessions led by a friendly Walking Netball host. They will support you whether you're brand new to netball or simply looking for a refresher. We aim to build a welcoming, social, and supportive female network while keeping active together.

For more activities please see the next page

# TAKE A LOOK AT WHAT WE HAVE ON IN SANDWELL

Winter 2026

## Wellbeing Activities - Timetable

### Monday

 Indoor Activity

11am - 12pm

#### Coffee Mates

Hot drink and chat

Cradley Heath Library

On the third Monday of each month

 Indoor Activity

11am - 12pm

#### Apna Wellness

Hot drink and chat

Smethwick Library

On the second Monday of each month

(Available to Punjabi Sikhs)

### Tuesday

 Outdoors

2pm - 3pm

#### Walk & Talk

Lightwoods Park,  
Smethwick

### 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

10am - 12.30pm

#### Bowls

Hope Church,  
Oldbury

 Outdoors

11am - 12pm

#### Walk & Talk

West Smethwick  
Park

### Friday

 Indoor Activity

11:30am - 12:30pm

#### Women's Walking Netball

WBA Community  
Sports Hall

To book for any of our activities  
contact

0121 437 0033

email for information:

[wellbeing@ageuksandwell.org.uk](mailto:wellbeing@ageuksandwell.org.uk)



## WINTER VEGETABLE SOUP

### STEP 1:

Melt the butter gently in a large saucepan. Soften the leek in butter for 5 minutes until soft.

### STEP 2:

Stir in the onion, celery, potato, turnip, carrot, and garlic. Cook for another 8 minutes. Stirring now and then. The veg should look glossy and softened.



## Ingredients

- 45g butter
- 1 leek, diced
- 1 onion, chopped
- 1 celery stalk, diced
- 1 small potato, diced
- 1 turnip, diced
- 1 small carrot, diced
- 3 garlic cloves, crushed
- 1.5 litres veg or chicken stock
- 250g spinach, shredded
- 3 spring onions, sliced
- Salt and black pepper

### STEP 3:

Pour in your choice of stock and bring to the boil. Cover, turn the heat down and simmer for 25 minutes until the root veg are tender when nudged with a spoon.

### STEP 4:

Add the spinach and spring onions. Cook for 2-3 minutes- just until the spinach collapses but stays green.

### STEP 5:

Season with salt and black pepper to taste and serve.

## COMPETITION

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



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!

## WINTER THEMED QUIZ

Test your knowledge on all things winter!



1 - What country has a town that gets no sunlight during the polar night?

A) Norway B) Iceland C) Sweden

2 - How many sides does a snowflake have?

A) 6 B) 8 C) 9

3 - For how many months on average will the grizzly bear hibernate?

A) 1-3 B) 3-5 C) 5-7

4 - Where is the Winter Olympics being held this year?

A) Canada B) Norway C) Italy

5 - Which one of the following flowers blooms in winter?

A) Daffodils B) Daphnes C) Pansies

## Staying Safe This Winter

- Dress warmly. Wrap up if you're venturing out. Don't forget warm socks, gloves and a hat to keep your extremities warm.
- Maintain a warm home. If you need a home energy check, let us know!
- Nourishing meals. Please see the winter vegetable soup recipe for inspiration on how to make a nutritious warm meal.
- Regular exercise. It's important to enjoy safe activities to keep active- join our bowls, walks, or our brand new netball group.
- Stay social. Form meaningful social connections- join our Coffee Mates or Apna Wellness group for a good chat and a hot drink.

### ANSWERS!

- 5) B- Daphnes  
4) C- Italy  
3) C- 5-7 months  
2) A- 6  
1) A- Norway