



# WELLBEING NEWSLETTER

Spring 2026



## MAKING A DIFFERENCE

Hope Church Bowls continues to thrive, bringing people together for fun, friendship and laughter. Thanks to the dedication of our wonderful volunteer, Dawn, the group remains a welcoming and supportive place for everyone who attends.

There is a real sense of teamwork within the club, with members always happy to lend a hand with tasks such as washing up and helping the sessions run smoothly.

Alongside the weekly sessions, members also enjoy social events throughout the year, including daylight discos, birthdays, and the ever-popular annual fish and chip lunch.

Bowls offers a gentle form of low-impact exercise that is kind to the joints while still providing a good workout. Regular participation can help improve muscle tone, balance and stability, supporting healthier and more active lifestyles.

Hope Church Bowls continues to make a positive difference to the lives of local people- building friendships, connections, and strengthening community ties- we really appreciate Dawn's commitment and community spirit, thank you!

## WELCOME

Welcome to the Spring 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/)

## ACTIVITY SPOTLIGHT

Coffee Mates Starting  
Soon at Hamstead Library



We are excited to announce the launch of a new social group at Hamstead Library.

This friendly weekly gathering is a wonderful opportunity to socialise, meet new people, and enjoy time together in a welcoming environment. Some weeks we will have guest speakers, whilst others will have fun activities. Every week you can pick up a new book too!

Happening every Tuesday, 2-3pm, starting Tuesday 2<sup>nd</sup> June.

We look forward to seeing you soon!

## A FOCUS ON

'Apna Wellness Sikh Social Connection'

We had such a wonderful time celebrating Vaisakhi and meeting so many people. Vaisakhi continues to remind us of the importance of community, wellbeing, and connection- values at the heart of our social group, Apna Wellness.

Apna Wellness is a welcoming group for Punjabi Sikhs, offering a a friendly space to connect, socialise and to support wellbeing within the community. It is on every second Monday of the month at Smethwick Library, 11am-12pm.

We look forward to seeing both familiar and new faces at our next session.



## 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.

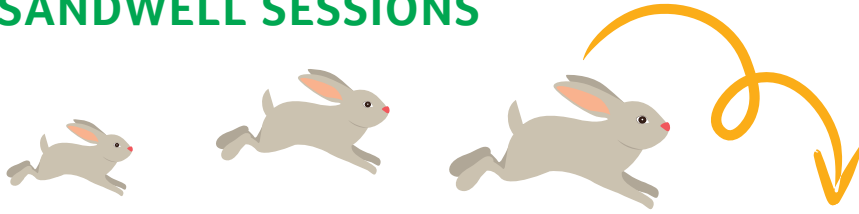
You can scan the QR code to visit our volunteering page. Alternatively you can visit

<https://www.ageuk.org.uk/sandwell/get-involved/volunteering2/>  
or call: 0121 824 1459

For more activities please see the next page



# HOP ALONG TO ONE OF OUR SANDWELL SESSIONS



## 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

 Indoor Activity

**2pm - 3pm**

### Coffee Mates

Hot drink and chat  
Hamstead Library

## Wednesday

 Indoor Activity

**10:45am - 12pm**

### Bingo

Sandwell Mecca  
Bingo

£4 per session  
including three  
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



## LIME AND COCONUT RICE PUDDING

### STEP 1:

Put the coconut milk into a pan, along with 300ml water, the pared lime zest, sugar, a pinch of salt, the star anise, and cinnamon. Set over a medium-low heat and bring to a gentle simmer before turning the heat down to low to keep warm.



## Ingredients

- 400ml can coconut milk
- 2 limes, pared zest of 1, grated zest of 1, juice of ½
- 40g caster sugar
- 1 star anise
- 1 cinnamon stick
- 1 tbsp coconut oil
- 100g short grain pudding rice
- 18g bag Bear Baked Coconut Chips

## STEP 2:

Meanwhile, in a medium saucepan, heat the coconut oil over a medium heat. Add the rice and toast for 1-2 minutes, then stir in a small amount of the coconut milk mix, discarding the pared zest and spices. Gently simmer the rice for 25-30 minutes, stirring often and adding the coconut milk mixture bit by bit, until all the liquid has been used and the rice is tender with a loose texture. Add most of the grated lime zest, the juice and another pinch of salt, if liked. Spoon into warm bowls, and top with the coconut chips and remaining grated lime zest.

## 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!

## SPRING THEMED QUIZ

Test your knowledge on all things Spring!



- 1 - Who is the Greek goddess of Spring and nature?  
A) Artemis B) Persephone C) Hera
- 2 - Which country did the Easter Bunny tradition originate from?  
A) Italy B) Ireland C) Germany
- 3 - Which US city has dyed its river green since 1926 in honor of St. Patrick's Day?  
A) Phenox B) Chicago C) Houston
- 4 - How many hours of daylight does the North Pole get in Spring?  
A) 24 B) 10 C) 4
- 5 - Where in the world is the largest Easter Egg museum?  
A) Switzerland B) Poland C) France

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## Staying Healthy in Spring

With the weather warming up, you may be wanting to garden, go out for walks or a spot of bird watching. We have some top tips for you to enjoy the most out of Spring whilst staying healthy.

### Sunscreen

The suns may feel great on your skin but don't forget to wear sunscreen and a hat whilst outside.

### Drink Water

As you're getting more active don't forget to drink your water. Drink more than what you think and keep the signs of dehydration away.

### Allergies and Asthma

If you are prone to allergies, consider wearing a mask whilst being outside. The Spring breeze is great but carries dust and pollen. On high-pollen days, think about closing your windows

### Ease Into Movement

Encourage movement gradually. Take your time and go at your own speed. Check out our activity timetable to see what suits you.

## ANSWERS!

- 1) B - Persephone
- 2) C - Germany
- 3) B - Chicago
- 4) A - 24
- 5) B - Poland