

Spring Newsletter



As the weather starts to get warmer, we're excited to announce that we're setting up walking groups! It's the perfect time to get out there and stay active. Gentle exercise not only benefits your physical health but also does wonders for your mental wellbeing. So, why not join us for some enjoyable walks?



We value your views and would love to hear from you. Please get in touch with your poems, pictures and stories.

Join us at our events and activities to build new connections and lasting friendships.

Welcome!

Welcome to the first of our Quarterly Newsletters! We're delighted to reconnect with our wonderful community, sharing stories, insights, and laughter. Inside, you'll find details of our current activities, some useful resources and puzzles to keep you busy!

Stepping Into Digital

These days, everywhere you turn it feels like people are using their phone, tablet or laptop. Tapping away so fast, it's hard to follow what they are doing.

Whether it is ordering your medication, reporting a housing repair, shopping or even banking, its often quicker and easier to do online, but only if you know how to use your device. If you don't go online, it can feel like hitting a brick wall doing the most simple tasks.

Our Stepping Into Digital (SID) project is here to help. Our friendly team can help you get what you want out of your device:

- Showing you how to set up your device
- Setting up an email account
- Finding information on the internet
 - Staying safe online
 - How to shop online
 - How to bank online
 - And lots more!

Want to brush up on your skills, for work or for fun? Check out our learning platform in partnership with Barclays

Barclays Digital Eagles working with AGE UK Birmingham & Sandwell have created a bespoke learning pathway for you. Just click on the link or QR code below to register and get signed up today.

<https://digital.wings.uk.barclays/register?code=AGEUKB>

 BARCLAYS

More Money For You

We know that times are difficult and rising bills are a real worry. It's a good idea to check that you are claiming all that you are entitled to. Many older people in Sandwell don't know that they might be able to get:



- Pension Credit – If you're over State Pension age and on a low income this money could top up your income and help make ends meet
- Disability Benefits – Attendance Allowance and Personal Independence Payments are available if you have health issues, making it difficult to look after yourself
- Help with rent and Council Tax - If you are on a low income

The whole system can be very confusing! Our trained advisers can carry out a detailed check and help you apply for anything that you maybe be entitled to. It's worth checking out and you might get a nice surprise.

To find out more you can:

- Contact our local advice team by phone or visit our drop in service at West Bromwich
- Call the Age UK National Advice Line 0800 678 1602
- Find more information online at: www.ageuk.org.uk

For Information & Advice enquiries please contact us:

Tel: 0121 437 0033

Email:

Info@ageuksandwell.org.uk

Monday to Friday

9.30 - 4.30

Information & Advice Drop-in Sessions

Monday

10:00am - 1:00pm

Wesley Church,

291 High Street,

West Bromwich,

B70 8ND

Take Care of Your Heart: Simple Steps for a Healthy Life"

Snack Smartly - Choose a handful of nuts

Nuts, like walnuts, are packed with good fats that can lower cholesterol.

Limit Alcohol Intake - Drink responsibly

While there's no confirmed benefit of alcohol on heart disease, it's best to keep your consumption in check. Excessive alcohol can lead to high blood pressure, irregular heart rhythms, and other serious health issues.

Healthy Cooking Choices -Cook with care

Avoid using fats like butter or ghee when preparing meals. Instead, opt for baking, grilling, steaming, boiling, or poaching. Add flavor with spices, herbs, or a squeeze of lemon rather than salt, cheese, or cream.

Connect with Friends - Combat loneliness

Studies show that loneliness can affect your heart health. Check our activities timetable on the back page to find ways to meet new people and engage in social activities.

Shed Some Pounds - Take small steps towards a healthier weight

Even a little weight loss can have a significant impact on your heart health. Reduce high blood pressure and cholesterol by eating fewer calories and incorporating some exercise.

5. Embrace Meditation - Practice calmness

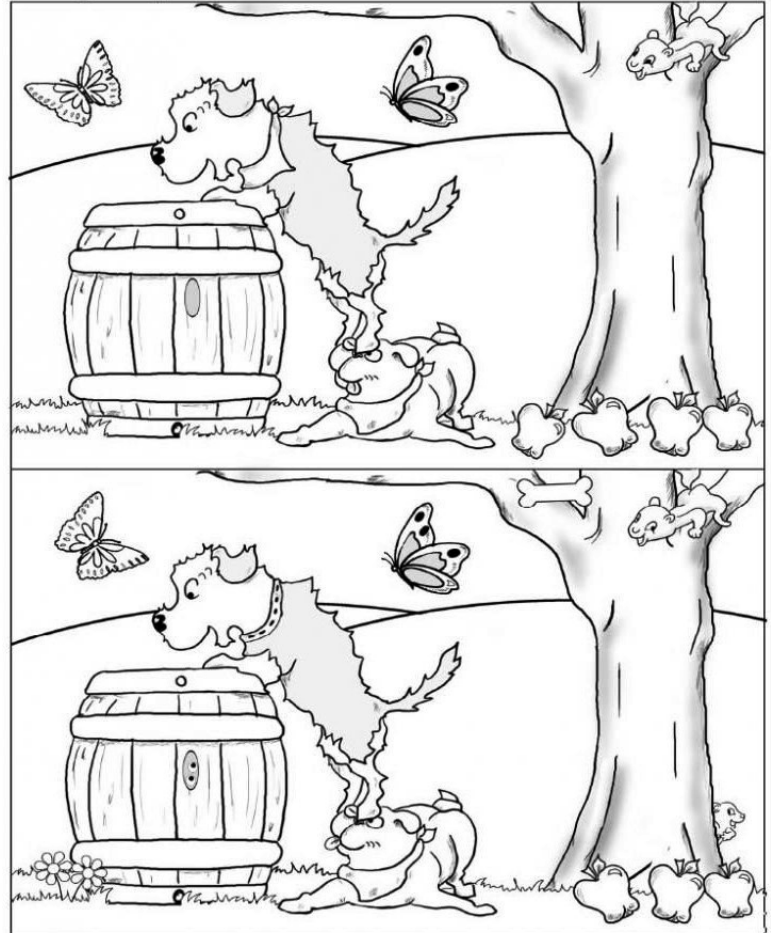
Just 15 minutes of Transcendental Meditation a day can cut your risk of heart attack and stroke in half.

Sudoku

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

Spot the Difference

Can you spot the 10 differences? Circle them.



Wordsearch Types of Food

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

- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA
- SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY



Sandwell Activities - Timetable

Our activities are free of charge, except where indicated.

Monday	Tuesday	Wednesday	Thursday	Sunday
<p>10:00am - 1:00pm Information & Advice Drop-in Sessions Wesley Church, 291 High Street, West Bromwich, B70 8ND</p>	<p>10:00am - 11:00 noon Pre-booking required Chair Based gentle exercise Jack David house Beddoe Close, Great Bridge, Tipton, West Midlands, DY4 7HZ.</p>	<p>11:00am - 12:00 noon Stepping Into Digital - Oldbury Oldbury Library Council House Freeth Street Oldbury</p>	<p>10:30am - 12:00 noon Sandwell Hope Church Bowls Club £3 per session, light refreshments included Hope Church, Rounds Green Christian Fellowship, St James Road, Oldbury, B69 2DX.</p>	<p>11am on the first Sunday of each month, Sandwell Veterans Breakfast Club Waggon and Horses, 17A Church Street, Oldbury, B69 3AD</p>
<p>1:00pm - 3:00 pm Pre-booking required Chair Based gentle exercise Jack David house Beddoe Close, Great Bridge, Tipton, West Midlands, DY4 7HZ.</p>	<p>Contact us for and details Pre-booking required Exercise & Balance at Brass house Brass house Community Centre, Brass house Lane, Smethwick B66 1BA</p>	<p>Contact us for details 12:30pm - 2:00pm Stepping Into Digital - Smethwick</p>	<p>10:00am - 12:00 noon Sandwell Lions Hall Bowls £3 per session, light refreshments included St James Church, Shelslet Avenue, Lion Farm Estate, Oldbury B69 1BG.</p>	
<p>Contact us for dates and details Coffee mates, More than a club Cradley heath Library Upper High Street B64 5JU</p>	<p>11:00am - 12:00pm Pre-booking required The Stroke Community Wellbeing Project 12 week program provides support for people in their stroke recovery Portway Lifestyle Centre Newbury Lane, Oldbury B69 1HE</p>	<p>11:00pm - 12:00 noon (Arrive at 10:45am) Sandwell Mecca Bingo Oldbury £2.50 per session Mecca Bingo Oldbury, 50 Halesowen St, Oldbury, B69 2AN</p>		
		<p>Once a month, contact us for details Rowley Regis Pop Up Cinema</p>		
		<p>Once a month, contact us for details Wednesbury Dementia Cafe Wednesbury Museum & Art Gallery Holyhead Road, Wednesbury WS10 7DF</p>		

Information & Advice and Activities enquiries telephone or email
0121 437 0033
Info@ageuksandwell.org.uk
activities@ageuksandwell.org.uk
Monday to Friday
9.30 - 4.30

Information & Advice Home visits (Limited number of appointments available to housebound Sandwell residents only)
Appointments to be booked in advance
Monday to Thursday
9.30 - 1pm

We would love to hear and share your stories, suggestions and views in future editions.

You can get in touch by:
Call us on 0121 437 0033
Email: info@ageuksandwell.org.uk

Write to us:
Age UK Sandwell, Stratford House, Stratford Place, Birmingham, B12 0HT