



WELLBEING NEWSLETTER



MAKING A DIFFERENCE

At Age UK Sandwell, we are so grateful for the incredible volunteers who help us create a safe, welcoming space for people to connect, share and thrive. We are shining a spotlight on one of our dedicated volunteers, Wendy, who runs two of our activities designed to combat isolation and promote meaningful social interactions.

Wendy is running both Coffee Mates and Bingo. These gatherings provide a relaxed and friendly atmosphere for people to share stories and enjoy each other's company. "I actively encourage the chat! We are a friendly bunch, open to all" she says. "I like to remind everyone that these are safe places to talk". Many of the members have formed lasting friendships through these groups, and it's clear that the sense of community she fosters is having a positive impact.

When asked why she chose to volunteer with Age UK Sandwell, she shared, "I admire the work they do, and how staff always try to find a solution to the challenges faced by clients. I've personally used their services in the past and they've been there for me when I needed help".

WOULD YOU LIKE TO VOLUNTEER FOR US?

Age UK Sandwell relies on volunteers to help us offer vital services in the local community.

If you have some spare time and wish to make a difference, you can scan the QR code below to visit our volunteering page.



HOP ALONG TO ONE OF OUR SANDWELL SESSIONS



To book or find out more information please call us on 0121 437 0033 or email info@ageuksandwell.org.uk.

Activity timetable

Monday

Tuesday

Wednesday

Thursday

Sunday



Information & Advice
10:00 - 13:00
Wesley Church
West Bromwich



Coffee Mates

(On the third Monday of each month)
11:00 - 12:00
Cradley Heath Library

Dementia Café

(Monthly)
10:30 - 12:30
Wednesbury Museum & Art Gallery

The Stroke Community

Stroke Exercise & Recovery Group
11:00 - 12:00
Oldbury

Sandwell Mecca Bingo

10:45 - 12:00
£3 per session includes a hot drink and 2 games of bingo
Mecca Bingo Oldbury



Stepping Into Digital

11:00 - 12:00
Oldbury Library
13:00 - 14:00
West Smethwick Park Sons of Rest building

Health & Wellbeing Digital Awareness sessions available to groups upon request



Sandwell Hope Church

Bowls Club
10:15 - 12:30
£2 per session (includes light refreshments)

Hope Church Oldbury



Walk & Talk

11:00 - 12:00
West Smethwick Park



Sandwell Veterans Breakfast Club

11:00 am
On the first Sunday of each month
Waggon & Horses Oldbury

Age UK Birmingham and Sandwell, Stratford House, Stratford Pl, Birmingham B12 0HT. Registered charity number 1080517

WOMEN'S WALKING CRICKET GROUP

SWINGING INTO ACTION SOON

IMPROVE YOUR PHYSICAL AND MENTAL WELLBEING WITH WALKING CRICKET! ADAPTED SESSIONS FOR WOMEN OVER 50.

UPCOMING SERVICES

DAYLIGHT DISCOS

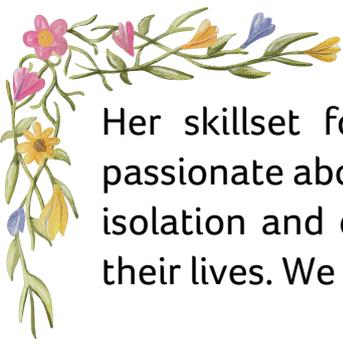
AGE UK'S NATIONAL CAMPAIGN- LET'S DANCE

'LET'S DANCE' FOUNDER, ANGELA RIPPON, IS INSPIRING EVERYONE TO DANCE TO STAY HEALTHY. LET'S DANCE AT OUR DAYLIGHT DISCOS, COMING SOON.

COFFEE MATES

NEW VENUE COMING SOON

COFFEE MATES IS COMING TO SMETHWICK LIBRARY VERY SOON. HOT DRINKS AND A FRIENDLY ENVIRONMENT FOR EVERYBODY OVER 50.



MAKING A DIFFERENCE

John, a dedicated volunteer for Age UK Sandwell, will be celebrating an incredible milestone this November- four years of successfully running the Lion Farm Bowl's Club. His commitment has created a welcoming space for participants to enjoy the game, build friendships and stay active!

Her skillset for helping others is evident. "I'm passionate about helping people break out of their isolation and discover what's out there to enrich their lives. We all deserve to live a fulfilling life."

With years of experience working with older people, volunteering with Age UK Sandwell felt like a natural next step after her retirement. Wendy stated "I've always enjoyed working with older people, and now that I'm retired, I'm happy to give back and continue making a positive impact in their lives."

Wendy's efforts are helping to build a stronger more connected community for older people and we are proud to have her on our team.

If you are interested in getting involved or learning more about our groups, please reach out to Age UK Sandwell.

To find out more information please call us on 0121 437 0033 or email wellbeing@ageuksandwell.org.uk

COFFEE MATES IN CRADLEY





STAYING HEALTHY IN SPRING

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

SUNSCREEN

After a long period without sun, the sunshine 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 gardening or going outside. The Spring breeze is great but carries dust and pollen. On high-pollen days, think about closing your windows.

EASE INTO MOVEMENT

After the lull of Winter make sure to take your time getting back into exercising. Encourage movement gradually. Take your time and go at your own speed, especially if you're outdoors.

SPRING CLEAN

Now with Winter hibernation behind us, It's time for that spring clean. In line with this, check for any slips, trips and fall hazards and make sure all furniture is secure. If you are unsure, call us at Age UK Sndwell. We're happy to help!



SPRING RAFFLE

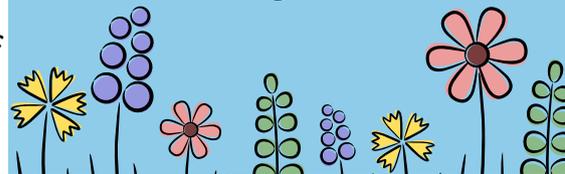
Good luck to those who have entered the Age UK Spring Raffle!

- 1st prize: £25,000 or a brand new car!
- 2nd prize: £5,000
- 3rd prize: £2,500
- 4th prize: £2,000
- 5th prize: £1,500
- 6th prize: £1,000
- 7th prize: £300
- 8th prize: £150
- 9th prize: £100
- 10th prize: £50
- 2,490 x £10
- 2,500 x £5

The draw will take place on
13 June 2025

IF YOU HAVE ANY QUESTIONS OR
NEED ANY MORE INFORMATION
PLEASE DO NOT HESITATE TO
CONTACT

MARIA.TAYLOR@AGEUK.ORG.UK
OR SIANA.KO@AGEUK.ORG.UK



We're here to help

We offer information, advice and a range of services to support you and your loved ones in later life.

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk





SPOONFUL OF SPRING

Berry Rhubarb Fool



STEP 1:

In a large saucepan, combine rhubarb, sugar, orange juice and salt. Bring to a boil. Reduce heat; simmer, covered, 6-8 minutes or until rhubarb is tender. Cool slightly.

STEP 2:

Process rhubarb mixture in a blender until smooth. Transfer to a bowl; refrigerate, covered, until cold.

STEP 3:

Just before serving, in a small bowl, whip cream until soft peaks form. In parfait glasses, alternately layer whipped cream, berries and rhubarb mixture. Enjoy!



SPRING THEMED QUIZ

Test your knowledge on all things Spring!



1 - What date is the first day of Spring in the Northern Hemisphere?

- A) March 20th B) March 10th C) March 25th D) March 7th

2 - What bird is known for its distinctive song in the spring?

- A) Swallow B) Thrush C) Magpie D) Robin

3 - What is the name of the mythical creature that symbolises Spring in Greek Mythology?

- A) Dragon B) Pheonix C) Unicorn D) Siren

4 - What is the name of the small green sprout that grows from a seed in the Spring? ?

- A) Blossom B) Seedling C) Bud D) Root

5 - How long is the night time on the day of the Spring Equinox?

- A) 5 hours B) 18 hours C) 12 hours D) 10 hours



Spring 2025

Ingredients

- 3 cups sliced fresh or frozen rhubarb (1-inch pieces)
- 1/3 cup sugar
- 1/4 cup orange juice
- Dash salt
- 1 cup heavy whipping cream
- 2 cups fresh strawberries, halved



ANSWERS!

- 1 - C. March 25th is the first day of Spring. This marks the arrival of the Spring equinox. 2 - D. Their song can be used to attract a suitable mate, especially in the Spring. 3 - B. A phoenix represents rebirth and the start of new beginnings. 4 - B. A seedling is a very young plant. 5 - C. During the equinox, day and night will be around the same length - 12 hours.