

Volunteering opportunities

Make new friends, meet new people.

We are looking for volunteers to assist our friendly team in the office to support older people. Current opportunities include, admin support, chatting with callers and providing information/sign posting. Full training given. If you are interested and available for a couple of hours per month, please call Emily for an informal chat on 07443 803205 Mon, Tue or Wed between 10.00am - 3.00pm

Information and Advice

Our team of dedicated staff and volunteers provide free, confidential and independent information and advice via our telephone service. Lines open:

Monday to Thursday 9.30am to 2.30pm
Telephone: 01902 572060

Meet & Greet

Our Development Officers, Emily and Michelle, run regular 'Meet & Greet' sessions throughout Wolverhampton. No need to book.



We can help you with:

- Accessing information and advice.
- Letters.
- Volunteering opportunities.
- Finding out about local activities.
- Using your mobile phone.



Meet & Greet sessions are held at 12.15pm prior to our discos starting at Wednesfield and Penn. There's no obligation to stay at the disco.



Contact us

Age UK Wolverhampton is a charity that aims to promote the wellbeing of all people in the City aged 50+ and help to make later life a fulfilling and enjoyable experience.

Telephone: 01902 572060
Email: mail@ageukwolverhampton.co.uk
Address: The Workspace, All Saints Road,
Wolverhampton, WV2 1EL
Satnav. WV2 2AW

Age UK Wolverhampton offer the following:

- Daytime Discos
- Meet & Greet
- Meet & Greet Digital
- Information and advice
- Benefit checks
- Handyperson service
- Home energy checks
- Home help service
- Welfare benefits advice
- Friendship groups
- Comfort dolls group
- FREE doll for dementia sufferers
- Craft group
- Knit and natter groups
- Newsletter
- Word of Mouth traders list booklet
- Tai Chi and Pilates classes
- Telephone support calls
- Volunteering opportunities

Check out our website or phone to find out more:
www.ageuk.org.uk/wolverhampton

Scan the QR code to
sign up to our newsletter
or email:
mail@ageukwolverhampton.co.uk



Oct 2024 - Jan 2025

- For 50+ years
- Licensed bar
- Seating area
- Tea and coffee

HITS OF THE 50S, 60S, 70S & 80S

All venue times: 1 - 4 pm

£3 entry on the door

No membership required

***Bus routes from Wolverhampton Bus Station**



WEDNESFIELD

The Conservative Club

98 Neachells Lane

Wednesfield, Wolverhampton, WV11 3PR

2nd & 4th Wednesday every month

9th & 23rd October, 13th & 27th November,

11th December*, 8th and 22nd January.

***Christmas disco**

***Bus 59**

NEW

**Would you benefit from
basic digital skills?**

- Help with setting up an email/new phone
- Watching and listening to your favourite old TV shows and music using Youtube and more.
- Video calls, social media, news items and much more...

Come along and see Emily or Michelle at the start of each disco for the
Meet & Greet Digital 12.15pm - 1pm
or contact Michelle on 07771 399534 or Emily on 07443 803205

***Bus 15**



PENN

Penn Bowling Club

10 Manor Road

Wolverhampton WV4 5PY

3rd Thursday of every month

17th October, 21st November,

19th December*, 16th January

***Christmas disco**

Friendship Groups



We have a vibrant array of Friendship Groups that run regularly throughout the Wolverhampton area. Further details can be requested by calling: 01902 572060 or by visiting our website: www.ageuk.org.uk/wolverhampton

The Mayor's recent visit to our popular Friendship Group at Tesco, Penn (pictured)

Drama

William Wilson Turner Foundation, Women In Theatre present a play:

'Take Charge Of Your Health And Let The Good Vibes Flow'

Free Entry

Friday 25th October Starting 7.00 p.m.
Black Health Matters Play
Heritage Centre, Clifford Street, WV6 0AA
(off New Hampton Road)



Playwright, Henry Dawe, cordially invites you to the airing of the radio play:

'The Autumn Of My Years'

Free Entry

Henry Dawe, an actor and writer based in Rutland, wrote **The Autumn of My Years** chiefly in the hope that it would tackle social isolation.

Tuesday 26th November 10.30 a.m. Henry will share the radio play at The Workspace, All Saints Road, Wolverhampton. Lasting 2 hours including refreshment breaks

No need to book, just turn up!

* Donations from Henry's play to Age UK Wolverhampton

Pilates

The Institute

Tuesdays 1.00 pm - 2.00 pm (Bus route 10A)
Wood Road, Tettenhall Wood, WV6 8NF

Bradmore Community Centre

Tuesdays 2.15 pm - 3.15 pm (Bus route 63)
Birches Barn Road, Bradmore, WV3 7BW

Eastfield Community Centre

Wednesdays 1.00 pm - 2.00 pm (Bus route 62A) Wood Road, Tettenhall Wood, WV6 8NF

NEW

FREE FREE FREE FREE FREE FREE
Pilates Lessons in November with this leaflet usual price £5 per session

Session activity is approx 45 minutes

Tai Chi

The Hub

Monday 10 - 11 am
Ashmore Park, Griffiths Drive, WV11 2LH

Have a Heart

Monday 12 - 1 pm
9 Salisbury Street, WV3 0BG

The Institute

Monday 1.30 - 2.30 pm
Wood Road, Tettenhall Wood, WV6 8NF

The Institute

Wednesday 10 - 11 am
Wood Road, Tettenhall Wood, WV6 8NF

All Saints Church

Wednesday 10 - 11 am
The Workspace, All Saints Road,
WV2 1EL (Satnav - WV2 2AW)



All Tai Chi and Pilates classes are £5 per session
All times and dates are subject to change
please see website
or call us on 01902 572060

Cleaning & Companion-Home Help

Our team can provide support and assistance, tailoring a package to suit you. We can help with:

- Domestic tasks, including light cleaning, laundry, shopping and some meal preparation.
- Getting out and about to appointments, cafes and places of your choice.
- Support with correspondence, shopping and organising your home.
- Companionship to offer company and support to enable you to do the things you enjoy.

FREE Home Energy & Benefit Checks

With the colder weather approaching it's important to think about getting ready for winter in advance. We can provide you with a **FREE Home Energy Check**, assessing your property and provide advice on keeping warm, saving energy and paying less. Did you know that you can also contact us to **check you are receiving all of the benefits that you are entitled to?**

Handyperson

Our experienced handyperson can help with many jobs around your home. Examples of work we undertake are:

- Changing light bulbs, fuses/plugs
- Supply and/or fit keysafe
- Small carpentry jobs
- Moving and assembling furniture
- Gardening



Contact us on 01902 572060 for further information



Age UK Wolverhampton is a charitable company limited by guarantee and registered in England and Wales. Registered Charity Number: 1051252. Company Number: 3088739
Registered office: Age UK Wolverhampton, The Workspace, All Saints Road, Wolverhampton, WV2 1EL.