

Over 50 and living in Sandwell?



Join Agewell – the voice of local older people



Sandwell **NHS**
Primary Care Trust

Tel 0121 289 3038

Email agewell@agewellinsandwell.org.uk

Visit www.agewellinsandwell.org.uk

Your voice, your choice

Agewell is an integral part of Sandwell Primary Care Trust (PCT). It is the strategic voice for older people in the borough and is a well respected initiative which is making a real and lasting impact on the lives of local people.



What does Agewell do?

Our aims:

- **To represent** the older people of Sandwell and act on their behalf
- **To advise and communicate** their views to partner organisations and other agencies
- **To inform policy** at a local, regional and national level
- **To promote** improvements in public service
- **To promote** a higher and more positive profile of older people
- **To promote** social inclusion of older people
- **To promote** greater recognition of the contribution older people make to their communities
- **To challenge** discrimination on the basis of age

Anyone aged over 50 and living in Sandwell can make a positive difference by being a part of Agewell. By becoming an Agewell member you will have the opportunity to influence many areas affecting older people's quality of life including equality, housing, health, safety, transport and many more.

Simply fill out the membership form and post it back to us. Find out more from our website or contact the Agewell office. The details are on the front of this leaflet.

A voice to be heard

Local Forums

There are six Agewell Local Forums - one for each of the six towns in Sandwell. Each provides a great opportunity for older people to raise any issues or concerns they have about their own community or town.

The monthly meetings are open to everyone aged over 50 and you can join in interesting discussions on a wide variety of subjects. Free transport is available for those who do not have their own car and are unable to use public transport. Up to 10 people from each local forum are nominated to represent their town at the Agewell Sandwell meetings.

Smethwick & Oldbury Forums

Call **0121 289 3098** for more details.

Rowley Regis & Tipton Forums

Call **0121 289 3097** for more details.

Wednesbury & West Bromwich Forums.

Call **0121 289 3096** for more details.



Representing Sandwell's older people

Agewell Sandwell

Agewell Sandwell represents the views of the borough's older people. This group has a more strategic approach and representatives from across the six towns are responsible for bringing concerns, issues and opportunities from their local forums to the central group for discussion and action where appropriate. They are also responsible for taking back information to the forums.

Agewell Sandwell also chooses the representatives to attend borough-wide strategic groups on a number of subject matters.

Later Life Partnership

Each year, 12 Agewell Sandwell members are elected to the Later Life Partnership Board, which is co-chaired by an elected member of Agewell Sandwell and the Chief Executive of Sandwell PCT.



Here to help you

Older People's Champions

There are three Agewell Older People's Champions each covering two of the six towns in Sandwell.

They all have a wealth of knowledge and experience of local services and activities which are available for older people.

Their work includes:-

- Visiting vulnerable older people in their homes to listen to their issues and suggest ways to improve the situation
- Solving problems by putting people in touch with the services and organisations who will be able to help
- Offering support and advice to encourage older people to be more active socially and to get involved with their community
- Accepting referrals from relatives, friends and neighbours who may be a little anxious about an older person

Call **0121 289 3099** for more information.



How to keep active

Active Sandwell

Active Sandwell is part of Agewell and aims to improve the quality of life for local older people through a healthier and more active lifestyle.

By working in partnership with Sandwell PCT, Sandwell Leisure Trust and various community organisations, Active Sandwell has established a varied programme of physical activity in the community.

Activities include:

- **EXTEND gentle exercise sessions**
- **Tea dances**
- **Health walks**
- **Gardening**
- **Swimming**
- **Falls prevention**
- **Green Gym**

To find out more about any of these activities, call the Outreach Workers on **0121 289 3100** or **0121 289 3101**.



Take control of your future

Midlife Future Planning

Agewell runs Midlife Future Planning courses for employees of local Primary Care Trusts and small to medium sized organisations in the public, private and voluntary sector, both in and out of Sandwell. All courses can be tailor-made to suit your organisation.

They're designed to enable individuals to consider some of the changes that can be made in midlife, for example finance and pension planning. All courses are interactive and delivered in an informal style to allow participants to discuss issues they feel are relevant. We also offer a consultancy service for organisations, helping them to implement best practice. This includes policies and procedures which impact on older workers, such as flexible retirement policies and mentoring.

To find out more call the Midlife Planning Co-ordinators on **0121 289 3095**.



Agewell Membership Form

Please fill in this form in BLOCK CAPITALS using black ink.

Your personal details (please tick or fill in the boxes below)

Mrs Ms Miss Mr Other

First name

Other initial(s)

Surname / Family Name

Date of Birth

Home address

Post code

Telephone No.

Email

How would you describe your ethnic origin?

- | | | |
|--|---------------------------------|--|
| <input type="checkbox"/> White British | <input type="checkbox"/> Irish | <input type="checkbox"/> White & Black African |
| <input type="checkbox"/> White & Asian | <input type="checkbox"/> Indian | <input type="checkbox"/> Pakistani |
| <input type="checkbox"/> Bangladeshi | <input type="checkbox"/> Other | |

Agewell Membership Form

Type of membership

- I would like more information on Agewell's Local Forums
- I would like to join the mailing list for regular Agewell updates (including postal consultations)
- I am interested in becoming an Agewell volunteer
- I would like to get in touch with an Older People's Champion
- I would like to find out about Active Sandwell activities in my area
- I would like to find out about Midlife Planning

Data Protection: Your details will only be used by Agewell and will not be passed on to any other organisation.

Your signature

Date

Please post your membership form to:

Agewell, Suite 13, Vision Point, Vaughan Trading Estate, Sedgley Road East, Tipton DY4 7UJ



Sandwell 
Primary Care Trust