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Your Agewell contacts

In addition to the monthly Agewell Local Forums, Agewell also provides Older People's Champions to work with and support vulnerable individuals, promotes health schemes and activities for older people and delivers Middle Future Planning courses.

people aged 50 and over in decision making about matters which affect their lives. Funded by Sandwell Primary Care Trust, Agewell challenges ageism and promotes a positive role for those aged 50 plus in the community by valuing their contribution and experience.

About Agewell
Agewell is a Sandwell-wide organisation whose key principles are to involve

What should I do with it?
Read it, keep it in a safe place, and use it like a directory. Make sure you fill in your own useful contacts.

What is in it?
It contains contact details for services and organisations you might find helpful, in the Rowley Regis / wider Sandwell area. It also has hints and tips for staying active, safe and healthy.

Who is this leaflet for?
Anyone aged over 50 - their families and friends as well as the people who look after them.

This leaflet has been produced by Agewell volunteers who attend the Rowley Regis Agewell Local Forum. This is a group which is open to all local residents aged 50 and over. We meet monthly to discuss issues of concern in the local area.

About this leaflet ...

Your useful contacts...

Dentist
Doctor
Optician
Vet

Top tips for a healthy lifestyle

- ✓ Keep active
- ✓ Get outdoors as often as you can
- ✓ Keep socially and mentally active
- ✓ Drink more water
- ✓ Eat lots of fruit and vegetables
- ✓ Make your home safe
- ✓ Join local clubs and support groups
- ✓ Keep in touch with friends, family and neighbours
- ✓ Give up smoking
- ✓ Drink alcohol in moderation
- ✓ See your GP when you are not well
- ✓ Ask for help and advice

BE POSITIVE

For more information and to find out how you can get involved with Agewell, please contact us:-

By post: Suite 13, Vision Point, Vaughan Trading Estate, Tipton, DY4 7UJ

By phone: 0121 289 3038

By email:
agewell@agewellinsandwell.org.uk

Via our website:
www.agewellinsandwell.org.uk



Sandwell NHS
Primary Care Trust

Please note: the information provided in this leaflet is offered without guarantees or acceptance of liability. Every effort has been made to ensure that the information included is accurate at the time of printing (October 2009).

Holding back the years

Information on services for people aged 50+ in Rowley Regis **to help you stay fit, healthy, safe and independent**



October 2009

A-Z of local services to help you stay fit, healthy, safe and independent

Your Health

Sandwell Primary Care Trust	0845 155 0500
City Hospital	0121 554 3801
Sandwell Hospital	0121 553 1831
Rowley Regis Hospital	0121 507 6300
Russells Hall Hospital	01384 456111
Patients Advice & Liaison Service (PALS)	0800 030 4654
NHS Direct	0845 46 47

Activities & Leisure

Haden Hill Leisure Centre	01384 564811
Allotment Gardening	0121 569 3438
Sandwell Leisure Trust	0845 659 4815
Active Sandwell	0121 289 3100/01
Sandwell Stride	0121 612 1400

Animals

PDSA	0800 731 2502
RSPCA	0300 1234 999
Cinnamon Trust (Pet Help)	01736 757900

Community Centres

Brickhouse	0121 559 3058
Cradley Heath	01384 636731
Tividale	0121 544 8332

Elected Representatives

There are 12 councillors representing the town of Rowley Regis in Sandwell, covering the wards of Blackheath, Cradley Heath & Old Hill, Rowley and Tividale. For contact details and surgery times call Sandwell Council on 0845 358 2200.

Emergency Services

In an Emergency dial 999

Police Non-Urgent	0845 113 5000
Crimestoppers	0800 555 111
Anti-social Behaviour Helpline	0845 359 7500
Burglar Alarms Advice	0845 113 5000
Neighbourhood Watch	0845 113 5000
Fire Stations (Cradley Heath, Old Hill & Blackheath)	0121 380 7546
Fire Safety Advice	07973 810242
Gas Leaks	0800 111 999
Water Leaks	0800 783 4444
Electricity Power Loss	0800 328 111

Healthy Lifestyle

Expert Patient	0121 289 3108
Self Care	0121 289 3102
Extend Classes	0121 289 3100/01
Sandwell Stop Smoking	0121 533 2880
NHS Smoking Helpline	0800 169 0169
Healthy Eating	0121 289 3035
Walking & Cycling	0121 612 1660

Help & Advice

Samaritans	0845 790 9090
Victim Support	0121 569 7980
Relate	0121 544 7088
Citizens Advice Bureau	0121 552 2022
Alcoholics Anonymous	0121 212 0111
The Courtyard Centre (Cancer Support)	0121 507 3792
Shelter	0844 515 1800
Jobcentre Plus	0845 606 0234
Race Equality Sandwell	0121 541 1775
The Lighthouse Project	0121 559 8963

Libraries & Colleges

Mobile & Housebound Library	0121 552 4136
Blackheath Library	0121 559 1884
Cradley Heath Library	01384 569316
Dudley College	01384 363000
Sandwell College	0121 556 6000

Money

Welfare Rights Advice	0121 569 3158
Sandwell Advice & Moneylink	0845 634 4689
Benefits Enquiry Line	0800 88 22 00
National Debtline	0808 808 4000
Winter Fuel Helpline	0845 915 1515
Pension Credit Service Line	0800 991 234

Organisations

Age Concern	0121 500 1860
Help the Aged	020 7278 1114
St John's Ambulance	0121 236 6660

Sandwell Council

Main Reception	0845 358 2200
Communities Unit Manager	0121 569 4638
Council Tax Benefit	0845 351 0020
Complaints & Compliments	0845 359 7510
Highways	0121 569 4100
Street Cleaning	0845 359 7501
Street Lighting	0121 569 4154
Litter Helpline	0845 359 7501
Pest Control	0845 359 7506

Environmental Health	0845 359 7506
Garden Waste & Dustbins	0845 359 7501
Drains	0845 359 7501
Trading Standards	0845 404 0506

Sandwell Homes

Head Office	0845 359 7600
Blackheath Office	0121 569 5303/04/05
Cradley Heath Office	0121 569 5155/56/57
Community Care	0121 569 5099
Community Alarms	0121 500 5500
Sandwell Community Information & Participation Service (SCIPS)	0121 544 1230

Support Services & Agencies

Home Loan Equipment Centre	0121 569 3666
Ideal for All (Independent Living Centre)	0121 558 5555
Deaf Resource Centre	0121 525 5347
Sandwell Visually Impaired	0121 565 2875 or 0121 525 2119
Beacon Centre for the Blind	01902 880111
Rowley Adult Care Team	0121 569 7275
Blackheath Live at Home Scheme	0121 559 6111
Vision Services	0121 558 5555

Travel

Traveline National Express	0871 200 2233
Centro Customer Relations	0121 214 7214
Centro Hotline (Travel Services)	0121 200 2700
Central Trains Ltd (London Midland)	0121 634 2040
Choice Travel	01902 305 181
Wrexham & Shropshire Railway	0845 260 5900
Virgin Trains PLC: West Coast	0845 000 8000
Arriva: Cross Country	08700 100 084
Travel Midland Metro	0121 502 2006
National Rail Enquiry Line	0845 748 4950
Diamond Bus	0121 557 7337
Blue Badge (Disabled Parking)	0121 520 0201
Ring & Ride	0121 505 7316
Sandwell Shopmobility	0121 553 1943
Patients Transport Services (Sandwell General Hospital)	0121 507 5444