

CYCLE WITH CONFIDENCE



Cycle with Confidence Training courses are free to;
 JSA claimants, Disability Living Allowance claimants, over 45s and lone parents
 Sessions are open to adults aged 16+
 Range of courses available for complete beginners & also more confident cyclists
 Training available to become an accredited cycle instructor
For more information:
 Call 0121 530 5500 and ask for Chris Leech or Alex Forrester

As you get older three things happen. The first is your memory goes, and I can't remember the other two ..
 Sir Norman Wisdom

Wrinkles should merely indicate where smiles have been.
 Mark Twain

NONE OF THESE PEOPLE NEED A&E
 Choose well. Get the right NHS treatment for you.
 For more information about the choices available, visit www.nhslocal.nhs.uk/choosewell or call NHS Direct on 0845 46 47

HOW TO CONTACT US:

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 Fax: 0121 289 3105
 Email: agewell@agewellinsandwell.org.uk
 Office Opening Times: Monday-Friday 9.00-5.00p.m.



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Welcome

AGEWELL—Living Well, Looking Forward Local Town Conferences.

During September and October 2010 Agewell hosted a Local Conference in each of the 6 towns. The conferences were well attended. Attendees were asked to complete an Evaluation Form which would be entered into a prize draw, the winners from each of the towns were as follows:

Smethwick: Mohammed Aowlad Ali.
Tipton: Dawn Simcox. **West**

Bromwich: Ivy Hines. **Oldbury:** Giano Sahota. **Wednesbury:** Pauline Donnelly.
Rowley Regis: the winner donated their prize to Blackheath Live at Home.
 Full Conference Report will be available at the AGM.



INVITATION TO AGEWELL'S ANNUAL GENERAL MEETING (AGM)

This year we are holding our AGM on Friday 8th April 2011 at the Training and Development Centre (Room 70A & 70B)
 Popes Lane, Oldbury. B69 4PJ
 10.30—2.00p.m.

If you wish to attend the AGM contact 0121 289 3038 by the 25th March 2011

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COULD SANDWELL UNIVERSITY INCREASE YOUR LIFE SPAN?

A recent survey showed that you can improve your chances of survival by 50% if you enjoy a good social life. Not just with family and friends, but with a wide range of people of similar age. Sandwell University of the Third Age (SU3A) could be one of the ways to survive. It is an organisation dedicated to providing opportunities for older people. It began in 2005, led by Bob Tidmarsh, an Agewell Older People's Champion, and recently achieved its 100th member.

The first contact for potential members could be the Monthly General Meeting (MGM) which takes place on the 2nd Monday of each month in The Public, West Bromwich. There is ample parking nearby, and the Bus and Tram stations are just a short walk away. Meetings begin at 2pm and there is always a pleasant social atmosphere, a good speaker on a wide range of topics and a chance to meet new people for tea/coffee afterwards.

In addition to MGMs there are a number of special interest groups, currently including art, literature, music appreciation, local history, play reading, Latin, Italian and Scrabble. SU3A is always on the lookout for members willing to share their interests by setting up new groups. There are outings to places of local and national interest, visits to theatres and a lunch club sampling the delights of local hostelrys. Need more details?

See SU3A web site:

www.sandwellu3a.org.uk or
phone 0121 357 9010 (Mike) or
0121 682 5249 (Phil)



Keep Warm Keep Well This Winter

We all feel the cold in the winter. But for some people, cold weather can cause serious health problems. There are some simple steps you can do to keep warm and protect yourself.

- Wearing several thin layers of clothing is warmer than one or two layers.
- Hot drinks are a good way of keeping warm, especially before bedtime.
- Make sure you have a hot meal during the day.
- Wear a hat or headscarf—up to half of body heat is lost through the head.
- Set your heating to the right level—during the day 21°C and 18°C at night.
- If you cannot heat all your rooms, heat your living room during the day. Heat your bedroom just before you go to bed.
- Look out for your neighbours—keep a check on them during the winter.

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News from around the towns



West Bromwich: Jinder Singh Ubhi was presented with a Bronze and Silver Award in recognition of outstanding accomplishment and contributions with his work at Age Concern Sandwell (now AGE UK). Agewell would like to congratulate Jinder on getting this award and would like to express our thanks for all his time that he volunteers to attend Agewell events.



FREE courses in self care for Sandwell Patients

Sandwell PCT is looking for people who have a long term health problem such as recurrent back pain, diabetes, arthritis or depression. The course covers a number of issues that affect everyone with health problems such as how to be more active, eat healthier and manage pain. Each session is run by an experienced and friendly team. The tutors who lead the course are volunteers who have learnt how to better manage their own health conditions and are looking to pass on their knowledge. If you would like any further details or would like to find out when the next courses are being run then contact Marie Ayres on 0121 612 1502.



Maggie Turner, Older People's Champion for West Bromwich and Wednesbury retired from her post in December 2010. We wish Maggie all the best for the future and look forward to her coming back and being a volunteer.

Did you know that there is an Agewell forum held monthly in each of the 6 towns of Sandwell. If you would like to find out more details or would like to receive information about the forums then please ring:

Kuldip Bahia—Community Development Worker for Oldbury and Smethwick. 0121 289 3098

Geraldine Child—Community Development Worker for West Bromwich and Wednesbury. 0121 289 3096

Pauline Withey—Community Development Worker for Rowley Regis and Tipton. 0121 289 3097



Monica David, Mid-Life Planning Co-ordinator also retired from her post in December 2010. We wish Monica all the best for the future and hope to see her at our forums!

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