



**agewell**  
*sharing experience*



## Improving the health & wellbeing of older people in Blackheath, Cradley Heath and Old Hill

**Agewell, the organisation led by older people for older people, has been selected to lead on Sandwell Council's Community Offer in your area.**

We're bringing together a range of organisations to provide free services to improve the health and wellbeing of older people in your community.

The focus is to encourage local older people to take their own steps towards becoming healthier and happier, as well as supporting carers of older people and those with a diagnosis of dementia.

**Get in touch:** 

**T: 0121 289 3038**

**E: [info@agewelluk.org.uk](mailto:info@agewelluk.org.uk)**

**[www.agewelluk.org.uk](http://www.agewelluk.org.uk)**



# Services on offer include:

- Joining the Healthy Passport scheme where you earn points (which can be exchanged for prizes) for undertaking activities such as volunteering, joining a local group, taking part in a fitness activity, stopping smoking or managing your weight. Older People's Champions act as your Tour Guides and will signpost you to services provided by Community Offer partners and others
- Advocacy, support and training for carers of older people
- A home befriending service for people with dementia to provide some company whilst giving family members a break
- Weekly BUDS clubs where you can meet others, receive support and enjoy creative activities
- Advice and information on home adaptations
- Supporting older people when they go home from hospital

We will also be working with local residents to identify other activities and services that are required – so watch this space!

**For more information,  
please contact Agewell on 0121 289 3038.**

**You can also contact one of our Community Offer partners direct as follows:**

BUDS: **0121 565 3721**

Mytime Active: **0121 366 0966**

CARES Sandwell: **0121 558 7003**

Crossroads Care: **0121 553 6483**

Sandwell Leisure Trust: **0300 012 0121**

Black Country Care: **0121 561 7950**

Black Country Homeforce: **0300 777 0177**



**Volunteering opportunities with Agewell and its partners are available for all, regardless of age. Full training will be provided.**