

Volunteering opportunities

We are looking for volunteers to assist our friendly team in the office to support older people. Includes, admin support, chatting with callers and providing information/sign posting. Full training given. If you can do a couple of hours per month, please contact us via telephone or email.

Companion & Cleaning-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.

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.



Maybe you would just like to talk to someone! Meet & Greet sessions are held at 12.30pm prior to our discos starting at Wednesfield, Penn and Lanesfield. 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

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

Age UK Wolverhampton offer the following:

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

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



August - October 2024

- 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, WV11 3PR

2nd & 4th Wednesday every month
14th & 28th August, 11th & 25th September,
9th & 23rd October, 13th & 27th November

*Bus 59

PENN

Penn Bowling Club
10 Manor Road
Wolverhampton WV4 5PY

3rd Thursday of every month
15th August, 19th September, 17th October,
21st November

*Bus15

THE ROYAL BRITISH LEGION
Ward Grove
Lanesfield

Wolverhampton WV4 6PW
2nd & last Thursday every month
8th & 29th August, 12th & 26th September,
10th & 31st* October
14th & 28th November

*Bus 81

***Halloween Spooktacular. Dress Up!**

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



Friendship Groups

Our Friendship Groups are available for anyone over 50 who enjoy meeting new people in a relaxed environment.

The Friendship Groups meet weekly at:

Knit & Natter Group

Monday & Friday 11 am – 12.30 pm
Tapri Coffee Shop, Mander Centre, WV1 3NH

Tesco Coffee Shop, Tesco Superstore

Monday 11 am – 12.30 pm
Marston Road, Penn Road, WV2 4NJ

Compton Care Charity Shop

Monday, Tuesday & Thursday 11 am – 12.30 pm
St. Georges Parade, WV2 1BA

Menopause Support Group

Monday 11 am – 12.30 pm
K Teas Cakes, Unit 3 St Georges Parade, WV2 1BA

Craft Group (Comfort Dolls Project)

Tuesday 10.30 am – 2.30 pm (Arrive at any time)
The Workspace, All Saints Road, WV2 1EL

St Peters House Coffee Shop:

Wednesday 11 am – 12.30 pm
4 Exchange Street, WV1 ITS

New!

LGBTG+ Group – starts 14th August

Wednesday 11 am – 12.30 pm
K Teas Cakes, Unit 3 St Georges Parade, WV2 1BA

New!

The Penguin Cafe

Thursday 10 am – 11.30 am
39–41 Lichfield Road, Wednesfield, WV11 1TW

Games Group

Thursday 2 pm – 3.30 pm
Englebert Care Home, Ash Hill, WV3 9DR

Tai Chi

For people aged 50 years and over who wish to improve mobility, balance and health & wellbeing.

£5 per class



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)

Pilates

New!

The Institute

Tuesday 1.00 pm – 2.00 pm
Wood Road, Tettenhall Wood, WV6 8NF

Bradmore Community Centre

Tuesday 2.15 pm – 3.15 pm
Birches Barn Road, Bradmore, WV3 7BW

Bilston Community Centre

Wednesday 12.30 pm – 1.30 pm
Prouds Lane, Bilston, WV14 6PW

All classes £5 per session

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 for further information

Free You are invited to **Free**
The Autumn of My Years

You are all invited to come and listen to a radio play which conveys a message of friendship across the generations. 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.

It was first broadcast on Harborough FM, Leicestershire in November 2023.

At 10.30am on Tuesday 26 November Henry will share the radio play at The Workspace, All Saints Road, Wolverhampton. This is a free* event, with the play lasting 100 minutes and split by one interval for tea, coffee and biscuits. Henry will then give a brief talk about why he has written the play, before he invites comments and questions. To register please e-mail henry@henrydawe.co.uk or telephone Henry on 07875 769693.

* Donations welcomed to Age UK Wolverhampton



Age UK Wolverhampton is a charitable company limited by guarantee and registered in England and Wales. Registered Charity Number: 1051232. Company Number: 3088739
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