AGE concern Matters

Stourbridge & Halesowen @ The Elton Centre

Your **LOCAL** support for a brighter later life



Christmas Thank You and Opening Hours

Merry Christmas to everyone from the team at Age Concern. We hope you have a wonderful Christmas and a very happy New Year.

We would like to take this opportunity to thank all our volunteers and staff for their continued commitment to our charity. Without your support, we would not be able to help so many older people in our community.



As you will appreciate, everyone needs a festive break. In addition, attendance at our activities and café traditionally falls during the Christmas period. With this in mind, we will be closed on:

Wednesday 23 December and reopening on Monday 4 January.

Thank you for your understanding and continued support throughout the year.

All that remains is for us to wish you a very Merry Christmas and a happy, healthy New Year. We look forward to seeing you again in the new year.

Merry Christmas & happy New Year

Learn Something New

Would you like to find a little more peace and wellbeing in 2027? Why not give meditation a try?

Perhaps you'd like to become more active and discover the difference between a downward dog and a grapevine step. Or maybe you'd prefer to immerse yourself in artistic brushstrokes, learn a new craft, or meet new people while developing new skills.

Age Concern Stourbridge & Halesowen offers a wide range of interesting and affordable activities designed to enrich lives, improve wellbeing, and bring people together. There really is something for everyone.

Visit https://acsh.org.uk/whats-on/ to explore our activities and find out more.

If you run a club or an activity held at the Elton Centre then why not be featured in a future edition of Age Concern Matters. Simply email julie.sheldon@acsh.org.uk



Financial hardship: Helping Dudley residents

Dudley Council is working with local organisations and community partners to support residents experiencing financial difficulties, helping people access the advice and support they need.

People and families in Dudley facing an unexpected financial crisis may be able to get help through the Crisis and Resilience Fund (CRF).

Whether it is because of a sudden change in circumstances, a loss of income, an unexpected bill or emergency expense, the fund is designed to provide support when it is needed most. Find out more at https://www.dudley.gov.uk/crf



Great news. We will be working with the community payback scheme to redecorate areas within the Elton Centre.

The work is planned for Sunday 24 January to reduce disruption.

Donations: Skip the Card, Change a Life

Christmas is a time for connecting with family and friends, but it can also be a season of unnecessary waste. Every year, millions of Christmas cards are bought, posted, displayed for a few weeks and then thrown away. While sending a card is a thoughtful gesture, many people are now choosing a different way to share their festive goodwill.

This Christmas, why not consider making a donation to Age Concern in place of sending cards? The money spent on cards, stamps and packaging can quickly add up. By donating that amount instead, you can help support older people in our community who may be facing loneliness, financial hardship or other challenges.

A donation, however large or small, can make a real difference. It can help fund vital services, provide companionship and support, and ensure older people have access to the advice and assistance they need.
Choosing to donate rather than send cards is also a more environmentally friendly option, reducing paper waste and the carbon footprint associated with production and delivery.

This festive season, spread the spirit of Christmas in a different way. A gift to Age Concern is more than a card. It is a meaningful act of kindness that can have a lasting impact on the lives of older people when they need it most.

You can donate by dropping your contribution in at the Elton Centre (please put in an envelope marked ‘Christmas card donation’ and put for the attention of Kim, or by going to our website www.acsh.org.uk and selecting the donate button at the very top of the page (adjacent to the logo).





Chair's Message

A very Merry Christmas to everyone, and my best wishes for a happy and prosperous 2027.

It is hard to believe that another year has passed since our last Annual General Meeting and Christmas celebrations. As the years go by, time seems to move ever more quickly.

It hardly feels possible that it was only last year we were celebrating the 50th anniversary of Age Concern Stourbridge & Halesowen.

Like many organisations, we have faced a number of challenges during 2026. Rising costs have meant that we have had to make some difficult decisions, including increasing the prices of our classes, room hire and café services. We appreciate that nobody welcomes price rises, but we hope our members and supporters understand why these changes have been necessary.

Unlike many charities, we do not have a guaranteed source of external funding to meet our day-to-day running costs. The income generated through our activities, café, fundraising events and donations is essential in enabling us to continue supporting older people across our community.

I would like to thank our dedicated staff, volunteers and supporters for everything they do. Their commitment and hard work make a huge difference and help ensure our services remain available to those who need them most.

If you would like to support the charity, there are many ways to help. You can visit our café, attend activities and clubs, take part in fundraising events, or make a donation. This year we are encouraging people to consider making a donation in place of sending Christmas cards, and perhaps even including Age Concern Stourbridge & Halesowen on their Christmas gift list. Donations can be made through our website or in person at the Elton Centre. Every pound really does make a difference.

We also recognise that many people continue to feel the impact of the cost-of-living crisis. Please remember that the Elton Centre café provides affordable meals and refreshments, and our building offers a warm, welcoming space where people can enjoy companionship as well as comfort. Whether you would like a chat, a hot drink, or simply somewhere to spend time with others, you will always find a warm welcome.

In our next edition, we will share some of the key facts and figures presented at our Annual General Meeting and look ahead to the opportunities and challenges that 2027 may bring.

Thank you for your continued support, and I look forward to seeing many of you in the year ahead.

David, Chair



Facebook: Are you following us?

If you use Facebook why not start following us? We promote events, keep you up to date of things that are happening and post good news.

Go to /EltonCentreStourbridge and simply select ‘follow’.

Remember to share postings and like 👍 or love ❤️ any you’re particularly interested in.

Isolation and Loneliness at Christmas

Christmas can be a joyful time, but it can also bring mixed emotions.

For many people, it's a chance to spend time with family and friends, watch grandchildren open their presents, enjoy a favourite film, or settle down to watch the King's Christmas message.

For others, Christmas can be a difficult reminder of loved ones who are no longer with us, family members who live far away, or friendships that have changed over the years.

Feelings of loneliness and isolation can affect anyone. We often think of loneliness as something experienced by people living alone, but it can also affect those who appear busy and surrounded by others. Sometimes the festive season simply highlights feelings that are already there.

Although Age Concern Stourbridge & Halesowen closes for a short period over Christmas, we offer a wide range of activities and a welcoming café throughout the year, providing opportunities to stay active, meet new people, and build lasting friendships. If you've been thinking about trying something new, why not make it your New Year's resolution?

If you're feeling lonely over Christmas, here are a few ideas that may help:

- Pick up the phone or make a video call to a friend or family member. Christmas can be a wonderful time to reconnect with people you may not have spoken to for a while.
- Visit a neighbour or arrange to meet someone for a cup of tea. A simple conversation can make a real difference.
- Get out for a walk in your local area. Fresh air, gentle exercise, and seeing other people can help lift your mood.
- Treat yourself to a festive meal at a local pub or restaurant if you don't fancy cooking.

- Consider a Christmas or New Year break. Many hotels offer festive packages that bring people together and create opportunities to make new friends.
- Explore local community events organised by community centres, libraries, churches, and other organisations.
- Register for the Age UK Friendship Service by calling 0800 678 1602.
- Contact **The Silver Line** on **0800 470 8090** if you'd like a friendly chat or additional support.
- Browse the Dudley Community Information Directory to find local groups, services, and activities.

Most importantly, remember that feeling lonely from time to time is a normal part of life. These feelings often ease when we reach out to others and stay connected. You are not alone, and support is always available.



Memories are made of this

Do you have memories about living and working in the Stourbridge and Halesowen areas (or the wider Black Country)? yes? Then why not share them? 200 words max with up to two photos (don't worry if you don't have any). Simply email them to: Julie.sheldon@acsh.org.uk

Stourbridge cinema

I'm 57 and a bit of a film 🎥 nerd. I remember the excitement and joy at a visit to the cinema long before multiplex offerings. The choice was between Dudley, Quinton and Stourbridge.

Dudley offered the more 4D experience with raining popcorn and exuberant talking; Quinton always felt like a far flung place, suitable for Sunday outings; then there was the ABC (Savoy) on Lower High Street - a beloved grandeur which sadly closed in 1982.

I remember queuing down Lower High Street for such greats as Grease and Star Wars, before arriving at the beautiful 1920s structure. The building was grand built in the classical style with columns and tiles on the outside befitting its original use as a theatre. Inside was an old fashioned sales commission selling sweets, chocolate and ice cream sold in a more personal way than the modern multiplex.

The auditorium was cavernous and beautiful, styled with glamour rather than functionality and something to behold during the interval. Did someone say 'interval' - yes, that break during the film to pop to the loo and buy refreshments from the usherette dressed in formal attire.

Oh, the romance of the Stourbridge ABC cinema.

Trips, holidays and outings

There's always plenty being organised to give you a great variety of things to see and do throughout the year — from day trips and short breaks to themed events. If something catches your eye we recommend booking as soon as possible, usually with Kim, as places can fill up quickly. Please keep an eye on the noticeboard and our website for details of trips and events arranged.



Well, where did 2026 go?!

It only seems like five minutes ago that we were putting up the Christmas decorations, organising the Festive Fayre and Christmas lunch, and getting ready for all the wonderful activities that come with the festive season.

Looking back, we've packed so much into the year. We've enjoyed trips and holidays together (I hope everyone who joined me on the Turkey and Tinsel break in November had a fantastic time!), as well as quiz nights, kurling evenings and skittles competitions. And who could forget Elvis joining us for afternoon tea? Or our belly dancing taster session? I have to say, seeing everyone shimmying along with the Habibi Belly Dancers was definitely one of my highlights of the year!

I'd also like to say a huge thank you to everyone who has helped throughout the year, whether it's fundraising, volunteering, supporting activities, or simply lending a hand when needed. You really are my army of helpers, and I couldn't do it without you.

So, what's the plan for 2027? Quite simply... we're going to have a fabulous time!

We'll continue to offer plenty of activities, events and opportunities to get together with friends, try something new and show off your talents. Keep an eye on the noticeboard for details of upcoming trips, holidays and special events.

And don't forget our fundraising evenings. Whether you're a seasoned competitor or trying something for the first time, there's always a warm welcome waiting.

Never tried kurling? Come and give our less-slippery version of curling a go!

Think you're a quiz champion? Put your knowledge to the test at one of our quiz nights.

Fancy a game of skittles? Join us, have some fun and see if you can score a winning strike.

Most importantly, come along, enjoy yourself and help support your local charity.

Wishing you all a very Merry Christmas and a happy, healthy New Year.

Love, Kim 🎄

Lee's cafe update



Hello everyone and happy Christmas. I'd like to thank everyone for your support this year and hope that you are all enjoying our lovely cafe. Our aim is to make nutritious, affordable food for everyone who visits us - no matter their age, whilst also offering snacks and drinks.

Our cafe is inclusive, is a warm space and makes an ideal meeting place - to chat, to catch up and to find out what's happening.

If you want somewhere to sit, have a drink and take time for yourself - we're a welcoming space

On the 15 December we will be hosting our annual Christmas lunch. It's now sold out and I'm sorry if you missed out - we have to set maximum seating figures. I know that everyone who's attending are really looking forward to our freshly cooked meal.

I would really like to hear from everyone who has any ideas for our Thursday lunch time meals. This is your opportunity to have a say in the food we produce. Fancy something a little different? Then let me know!

So, have a fabulous Christmas and I look forward to seeing you in 2027!

See you soon at the Elton Centre Cafe.

Lee xx 🎅 🤶

Recipe: A Taste of the Black Country: Groaty Pudding (Groaty Dick)

A traditional Black Country favourite, groaty pudding is a hearty, warming meal that's perfect for colder days. It's simple, filling and made from inexpensive ingredients. No weights are provided as it is tailored to individual tastes eg more groats makes it thicker. You can also add additional ingredients eg red lentils different veggies, or chia seeds to increase its nutritional value.

Ingredients: diced stewing beef, pinhead oatmeal (groats. You can use oats, barley, rye or wheat/bulgar wheat), chopped onion, beef stock, salt and pepper to taste. As an optional you can add chopped carrots and leeks.

Method

1. Preheat your oven to 150°C (130°C fan).
2. Place the diced beef and chopped onion into a casserole dish. Add carrot and/or leeks desired.
3. Add the oatmeal and season with a little salt and pepper.
4. Pour over the beef stock and stir everything together.
5. Cover with a lid and cook in the oven for around 3 to 4 hours, stirring once or twice if possible.
6. The pudding is ready when the beef is tender and the oatmeal has absorbed most of the liquid, creating a rich, thick texture.

Serve with crusty bread, pickled red cabbage or seasonal vegetables for a comforting meal that's full of Black Country tradition.

Groaty pudding has been enjoyed across the Black Country for generations. It was once a popular Sunday meal because it could be left to cook slowly while families attended church or spent time together.It was traditionally served around bonfire night to warm everyone up.

Some would cook it until it could be sliced when cold!

Groats can be found at health food and pet shops. Traditional butchers often sell them.

"Simple food, made with care, often brings back the warmest memories." 😊

Spotlight on:
Bereavement support group:
Offers a Warm Welcome to Those Experiencing Loss

Our Bereavement Support Group is for anyone who has experienced the loss of a loved one to come together in a safe, welcoming, and supportive environment.

Run by one of our volunteers, Tre, the group meets on the second Friday of every month from 2:00pm to 3:00pm at the Elton Centre Café, where attendees can enjoy a cup of tea or coffee, friendly conversation, and the comfort of being alongside others who understand the experience of bereavement.

Open to all members of the community, the group provides a small, friendly, and informal setting where people can share as much or as little as they wish.

Those attending are welcome to bring a friend, family member, or someone they trust for additional support.

The Bereavement Support Group is founded on the principles of compassion, sensitivity, and respect.

Every participant will be treated with dignity and understanding, regardless of their personal beliefs, background, or individual circumstances. The group is committed to being non-discriminatory and inclusive, ensuring everyone feels valued and heard.

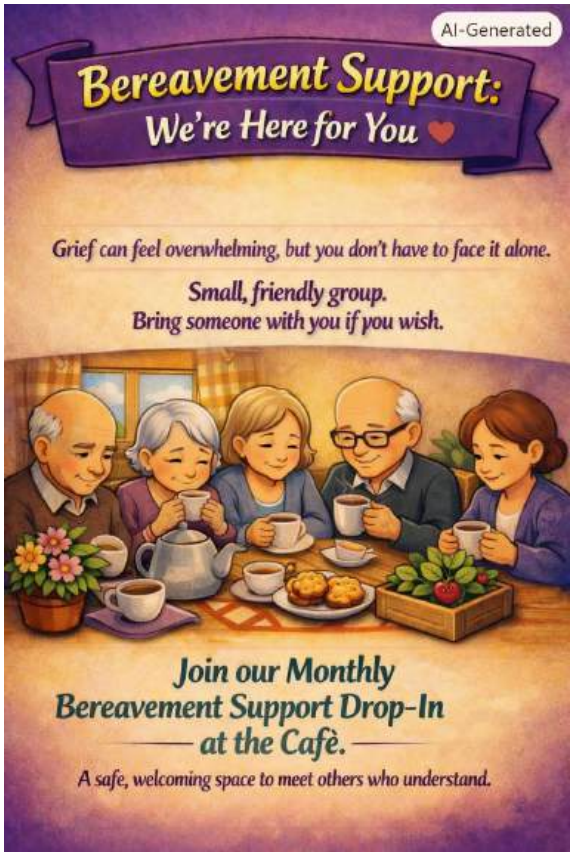
Confidentiality and privacy are central to the group's ethos.

Everyone attending can be assured that personal experiences shared within the group will be respected, and each person's individual needs will be acknowledged with care and understanding.

Whether your loss is recent or many years ago, you are warmly invited to join us for a cuppa, a chat, and the reassurance that you do not have to face bereavement alone.

- When: Second Friday of each month
- Time: 2:00pm - 3:00pm
- Where: Elton Centre Café
- Who: Open to all
- Please feel free to bring someone with you for support.

For many people, simply being in the company of others who understand can make a meaningful difference. Everyone is welcome.



Keeping Warm This Winter Without Breaking the Bank

As the colder weather arrives, many older people worry about the cost of keeping warm. The good news is that staying cosy doesn't always mean turning the heating up full blast.

A great place to start is with layers. Several thin layers of clothing trap warm air better than one thick jumper. Thermal vests, cosy socks and a warm dressing gown can make a real difference, especially in the mornings and evenings when temperatures often feel at their coldest.

Keeping heat where you need it most can also help. Try closing curtains as soon as it gets dark and shutting doors to rooms you aren't using. Even simple draught excluders placed by doors can stop valuable warmth escaping.

Hot meals and drinks are another easy way to stay comfortable. A bowl of soup, a warming casserole or a mug of tea can help you feel warmer from the inside out. It's also important to keep moving where possible. Gentle activities around the home, stretching in a chair or a short walk can help improve circulation and keep the chill at bay.

Don't forget about bedding. An extra blanket, fleece throw or hot water bottle can provide extra warmth without adding to your energy bill. Just remember to follow safety advice when using electric blankets and hot water bottles.

Finally, if you're concerned about heating costs, check whether you're entitled to any benefits, grants or energy support schemes. Many people are surprised to discover help is available.

Winter can be challenging, but a few small changes can help you stay warm, comfortable and safe, while keeping costs under control. After all, warmth doesn't have to come with a hefty price tag.

Remember, the Elton Centre Cafe sells warming food and drinks at affordable prices, as well as a heated friendly environment. Our activities are also an excellent alternative to staying at home.

For more hints and tips go to https://www.dudley.gov.uk/council-community/cost-of-living/winter-warmth/.

Let's Get Involved!



In this section we want to highlight local places in our community we feel are worth celebrating. In this edition we're hearing from the Friends of Wollescote Park:

Friends of Wollescote Park – Growing Together

Friends of Wollescote Park (FOWP) work to protect and enhance our park as a valuable green space, bringing people together through volunteering, heritage projects and community activities.

Developing Dudley First Freely Accessible Sensory Garden.

Although all gardens engage our senses, our Sensory Garden focuses on carefully chosen plants and thoughtful landscaping to encourage mindfulness, relaxation and a sense of ease. Particular consideration has been given to features that may benefit people with additional needs, including autism and dementia.

Created by FOWP volunteers, the garden has been transformed from an overgrown area, once fenced off from the community, into a welcoming and valued space and includes a pétanque court.



Our Tuesday gardening group meets from **10am–12 noon**. Throughout summer, we host regular coffee mornings, with monthly openings during autumn and winter. Our entirely volunteer-led café is popular locally, offering homemade cake, refreshments and friendly company. We are always looking for volunteers to help care for the garden, open the café and welcome visitors.

Our "Meet Santa" Christmas Event is on Saturday 5th December and we have "Bark in the Park" Dog Show and Classic Car event planned for early 2027.

Caring for Our Park and Heritage



We are developing exciting projects with the **Young Rotarians from Wollescote Primary School**, including litter picks, tree planting and daffodil bulb planting, helping younger generations take pride in their local environment.

We are also passionate about preserving local heritage through our project to restore the memory of **Dorothy Howell**, a remarkable local composer and pianist associated with Wollescote House. Our new wildlife garden, inspired by her legacy, was showcased at BBC Gardeners' World Live winning a **Platinum Award from the judges**. It celebrates Dorothy's story while supporting wildlife and biodiversity.

From caring for our green spaces to creating opportunities for friendship and learning, FOWP volunteers are helping our park flourish. **Everyone is welcome!** Find us on Facebook or through our website to discover more or get involved.

If you know somewhere worth celebrating email Julie.sheldon@acsh.org.uk.

Advice When It's Needed Most

We have had some changes over this year in the Advice Office. Most notably we have had two more volunteers join us – Judith and Sue – both come with considerable, relevant experience. A big thank you to them for joining the team.

There has been a definite increase in demand for our service and so far this year we have achieved booked appointments of over 200 providing help with completing forms such as Attendance Allowance, Disability Living Allowance, Benefit Checks and Blue Badge applications, and over 500 individuals dropping in for general advice and information such as care home costs, wills, POA etc.

The feedback for our service has been great, especially with a high success rate in the completion of the disability benefit applications. It is always lovely to hear how our assistance has helped someone and shows how our service makes a positive impact on people's lives.

Next year will be even more challenging. Already we have seen costs rising and a lot of individuals are struggling to manage. However, given our increased team of Advisors, we will be here to listen, guide and assist you in any way we can.

If you need advice, you can: call 01384 390065, email info@acsh.org.uk or drop in to The Elton Centre(appointments may be required)

The service is open Monday to Friday, 10am–1pm.

Interested in Volunteering?

If you have experience providing advice and would like to join our friendly volunteer team, we'd love to hear from you.
Email info@acsh.org.uk to find out more.





A Great Big Shoutout to Our Amazing Supporters

We want to give a heartfelt thank you to the wonderful partners and organisations who continue to support our community. Your generosity, time, and kindness make a real difference.

Habibi Bellydancers

A great big thank you goes to the Habibi Bellydancers for hosting a session as part of the Dudley Ageing Well Festival On Saturday 24 October.

Not only did attendees get to try this excellent activity, they also got to enjoy drinks and cake .

All attendees had fun and got to shimmy and shake.

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Stourbridge Rotary Club

A great big thank you goes to the Stourbridge Rotary Club for their kind donation of £500.

This group which meets weekly supports both local and global charities.

Tabletop Sale

It was excellent to see so many of you at the tabletop fundraiser held on Saturday 28 November. All monies raised helps us to bring services and help to local people.

Thank you to everyone involved - those who organised, helped, hired tables, donated items and came along to buy things.

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Morrisons

Thank you so much to Morrisons, who have gifted us a £100 shopping trip this festive season. The donated items are really timely as they will be used to contribute towards this year's Christmas meal on 15 December - meaning we raise additional funds at the event.



Your Trustees



In this edition we would like to help you to get to know more about our chairperson - David Harbach.

My connection with Age Concern began over 50 years ago when local churches, social services, and community groups came together with a simple aim: to support older people facing loneliness and isolation. What started as a small local initiative has grown into the wonderful organisation we know today as Age Concern Stourbridge and Halesowen.

In those early days, while balancing work and family commitments, I volunteered by visiting older people in their homes. Those experiences taught me how much difference a little time, kindness and companionship can make.

My career in financial services gave me valuable experience in leadership, customer service, governance, and team management - skills that I am pleased to bring to my role as Chair of Trustees. Our key priorities remain safeguarding vulnerable adults, ensuring financial sustainability, supporting our staff and volunteers, and continuing to provide services that help reduce loneliness and isolation.

Away from Age Concern, I enjoy photography and music. My wife and I have recently celebrated 57 years of marriage, and with three grown up children, five lively grandchildren, and our wonderfully bonkers Cocker Spaniel, Chester, life is rarely quiet!

I am proud to be part of an organisation that has supported local older people for more than five decades. Thank you to staff, volunteers, supporters, and members for everything they do. Together we can continue making a real difference in the lives of older people across our community.

David Harbach - Chair of Trustees

Staying Safe This Christmas

Christmas is a time for family, friends and festive celebrations, but it's also important to stay safe and protect your home, belongings and wellbeing. When shopping, keep your handbag, purse and shopping bags close to you at all times. If you're travelling by car, store purchases in the boot and keep doors locked.

At home, make sure doors and windows are secure and keep presents and valuables out of sight. If you're going out, use a timer light to make your home look occupied, but remember to switch off Christmas lights before leaving or going to bed.

If you're celebrating with friends, never leave drinks unattended, stay together and plan a safe journey home. Only use licensed taxis and never drink and drive.

Finally, lock away ladders and tools that could help someone gain access to your property, and follow current health advice to help protect yourself and others.

Christmas Safety Checklist ✓

- Keep handbags, purses and wallets secure.
- Don't leave shopping bags unattended.
- Store purchases in your car boot.
- Lock doors and windows when leaving home.
- Keep presents and valuables out of sight.
- Use timer lighting when out.
- Turn off Christmas lights before bed.
- Lock away ladders and garden tools.

A few simple precautions can help ensure you enjoy a safe, happy and worry-free Christmas. 🎄



Dudley CVS Community Action Awards Nomination

We are delighted to announce that we were nominated for this year's Dudley CVS Community Action Awards.

While we didn't win, we were honoured to be considered among them. These awards recognise and celebrate the outstanding organisations and individuals who make a positive difference within our local communities

We are incredibly proud of this nomination and would like to thank our dedicated staff, volunteers, customers, and supporters. Your commitment, kindness, and ongoing support make our work possible and help us continue to make a meaningful impact across the local community.

📣 Raffle prizes wanted 🎉

We're looking for raffle prizes to help make our upcoming fundraising events even more special!

Do you have any **unwanted gifts**, unopened toiletries, gift sets, chocolates, bottles, vouchers, or other new items that could make a great raffle prize? We'd be incredibly grateful for any donations.

Every prize donated helps us raise valuable funds to support local older people across Stourbridge, Halesowen and the surrounding areas. 💙
If you'd like to donate or would like more information, please get in touch with us via Facebook Messenger or contact the office.

Thank you for your continued support and generosity. Every donation, big or small, makes a difference! 🙏

Useful telephone numbers over festive period

Here are essential and free UK telephone numbers available over the Christmas period for emergencies, mental health support, older people, and domestic abuse:

Emergency Services

- 999: Call immediately if you or someone else is facing a life-threatening medical emergency, a severe injury, or a crime in progress.
- 101: Call to report non-emergency crimes or incidents.
- 111: Call the NHS for urgent medical advice when it is not a life-threatening situation (select option 2 for mental health services in many areas). You can also access emergency prescriptions if you run out
- 105: Call your local power network if you experience a power cut over the holidays.

Mental Health & Emotional Support

- 116 123: Samaritans provides a safe, confidential space to talk 24 hours a day, 7 days a week, including all holidays.
- 85258: Shout offers a free, confidential, 24/7 text support service if you are struggling to cope (text "SHOUT" or "YM").
- 0800 58 58 58: CALM (Campaign Against Living Miserably) offers an anonymous helpline and webchat open every day from 5:00 PM to midnight.
- 0800 068 41 41: PAPYRUS HOPELINEUK provides 24/7 suicide prevention and mental health support for young people and those worried about them.
- 0800 1111: Childline offers a confidential 24/7 telephone counselling service for children and young people.

Support for Older People

- 0800 678 1602: Age UK Advice Line is open from 8:00 AM to 7:00 PM every single day of the year, including Christmas Day.
- 0800 470 80 90: The Silver Line (run in partnership with Age UK) offers a free, confidential 24/7 helpline providing friendship, information, and advice for older people aged 55 and over.

Domestic Abuse & Safety

- 0808 2000 247: National Domestic Abuse Helpline (run by Refuge) is a free, 24-hour helpline for women and children experiencing domestic abuse.
- 0808 801 0327: Men's Advice Line offers confidential support and advice for male domestic abuse survivors.
- 0800 999 5428: Galop National LGBT+ Domestic Abuse Helpline supports members of the LGBT+ community experiencing abuse or violence.

Practical & General Support

- 0808 196 3650: British Red Cross Support Line assists anyone feeling lonely, distressed, or struggling to access food or medication over the winter break.

Local Authority

- 0300 555 2345: Help for everything council related

📢 Volunteers Wanted at The Elton Centre Café! ☕🍰

Are you looking to give a little time back to your local community? **Age Concern Stourbridge & Halesowen** is looking for enthusiastic volunteers to help at our friendly café in The Elton Centre.

We're looking for people of **all ages** who can lend a hand with:
✅ Cooking and food preparation
✅ Serving customers ✅ Clearing tables and washing up
✅ General café support 🕘 Monday to Friday, 9.00am - 2.00pm

Whether you can spare a few hours a week or more, we'd love to hear from you. Volunteering is a great way to meet new people, learn new skills, and support your local community.

💙 Join our wonderful team and make a real difference! To find out more or express your interest, please get in touch with Age Concern Stourbridge & Halesowen by emailing lee@acsh.org.uk


DITCH THE CHRISTMAS CARDS!
Why not donate to
Age Concern
Stourbridge & Halesowen
instead!
Small gestures make a big difference
Same Good Wishes A Brighter Difference!
A kinder, brighter Christmas for our local older people
Your donation can help support local older people in our community, providing friendship, advice, activities and vital support throughout the year.
Save on cards
Save on postage
Support a great local cause
Every donation, big or small, makes a difference!
Give a Gift That Truly Matters This Christmas
Donate today and help make Christmas brighter for local older people.
Stronger Communities Happier Older People
Community Care Belonging Brighter Days
Thank you for your support and generosity.
OLDER PEOPLE
BRIGHTER TOMORROWS
A STRONGER LOCAL COMMUNITY



Wordsearch words

This edition's fun word search features items associated with Christmas - so have fun finding all of the words this festive season!

Tree
Turkey
Tinsel
Pudding
Mince pies
Holly
Ivy
Carols
Decorations
Lights
Baubles
Trifle
Wreath
Wrap
Games
Party
Dinner
Fairy
Snow
Santa

J	K	Q	A	H	A	O	I	T	U	R	K	E	Y	Y	H	E	R	M	R
P	N	S	A	R	J	O	E	R	I	P	L	Q	A	U	M	F	J	P	J
S	B	L	A	P	T	D	I	E	K	N	I	R	E	S	N	O	W	V	M
P	A	V	T	G	Q	U	O	E	N	Y	S	X	W	H	Q	U	I	G	Y
U	U	R	N	F	S	T	J	M	F	J	C	E	R	L	C	A	H	W	T
X	B	R	A	F	B	N	H	K	N	S	Y	L	L	O	H	D	V	K	R
O	L	J	S	B	N	T	O	X	Q	Y	V	J	M	O	C	I	R	S	A
P	E	V	P	E	C	D	G	I	U	Y	I	K	P	O	B	W	J	K	P
O	S	H	U	E	M	H	N	G	T	B	B	A	V	E	S	G	R	U	G
I	Z	Q	W	Y	D	A	X	H	U	A	R	Z	G	E	K	X	E	Y	L
M	J	N	R	F	B	A	G	N	K	W	R	E	A	T	H	M	N	R	Z
V	O	I	Z	U	W	N	S	F	F	Z	V	O	C	I	U	T	N	K	C
T	A	Y	S	M	I	N	C	E	P	I	E	S	C	P	F	L	I	A	Y
F	H	R	A	D	G	T	A	T	W	L	Z	E	T	E	O	U	D	L	N
H	Q	Y	D	I	G	T	R	I	F	L	E	F	E	H	D	T	P	B	S
S	W	U	X	O	E	C	O	N	Q	F	P	X	D	D	G	S	I	Q	C
M	P	Z	P	M	E	D	L	X	M	Y	L	N	Z	R	T	I	U	D	W
Q	Z	D	S	T	R	X	S	V	V	W	W	I	O	L	K	V	L	E	Y