

## JOBCHANGE 50+

Jobchange introduces the new 50+ project, we are offering **Lets Get Digital sessions** and support for anyone over 50 who may be struggling to: get on-line, complete their Universal Credit Journal, help the kids with homework, chat with friends or just support with downloading apps to their Phone, PC, Tablet or Laptop.

We are also offering **Let's Get Physical sessions** where we are promoting walking and talking, the over 50's may still feel very isolated and alone so we are offering sessions to help alleviate those feelings and anxieties by keeping fit taking a walk and chatting with people their own age.

**Care Skills -Dudley**, starting 14th March a course aimed at the over 50's promoting discussion and gaining new skills with 6 recognised qualifications.



## 50+

Just look at the achievements of the new 50+ Construction skills group in Dudley.  
Well done everyone on completing Asbestos Awareness and oh what fun with Balloon Modelling  
Next group starts 14th March with Care Skills  
Dont Miss Out!  
call: Zoe on 01384 257825

**50+ Project**  
**Let's Get Digital**

**FREE Sessions**

Need support using a Phone, Tablet, Laptop or PC  
Using Universal Credit journal  
Homework headaches  
Can you download Apps  
Jobsearch and upload a CV  
Chat with a friend on facetime  
Exercise online  
Zoom to a meeting

10 Red Lion St  
Wolverhampton  
WV1 4HL  
TEL: 01902 714224  
Freephone: 0800 122 3510  
Talk or text the Manager  
Clare  
07903 530779

**50+ Digital Support Group**  
Starting 2nd March  
Wednesday & Thursday's - 1pm - 2:30pm  
or 3pm - 4:30pm  
Saturdays - 10:30 - 12  
or 12:30pm - 2pm

**50+ Project**  
**Let's Get Physical**

**FREE Walk & Talk Sessions**

Getting back out into the world again  
Shake off those anxieties while getting fit  
Meet with people of your own age,  
Do some talking, build your confidence,  
Go at your own pace.

**Feel ready to join us?**  
**Let's Do It Together**  
Call: 0800 122 3510  
www.jobchange2007.com

Starting 2nd March  
Wednesday's & Thursday's  
1pm - 2:30pm or  
3pm - 4:30pm  
Saturdays  
10:30 - 12  
or 12:30pm - 2pm

**job**change **Care Skills- Dudley 50+**

6 RECOGNISED QUALIFICATIONS INCLUDED:  
HEALTH AND WELLBEING AWARENESS  
HEALTH AND SAFETY  
FOOD SAFETY  
ADULT SKILLS  
DIGITAL SKILLS  
COSH  
EMERGENCY FIRST AID  
INFECTION PREVENTION AND CONTROL  
INTERVIEWS INCLUDED

WEEKLY TRAVEL TICKETS FOR SANDWELL & DUDLEY CAN BE REFUNDED

STARTS: 14TH MARCH 2022  
9AM - 1PM EVERY DAY FOR 4 WEEKS

DUDLEY: 01384 257825  
ZOE - CALL OR TEXT: 07903 402229

**NEW COURSE STARTS 14TH MARCH 2022**



## GET THE QUALIFICATIONS YOU NEED



### MATHS, ENGLISH & ICT ENTRY LEVELS

WOLVERHAMPTON

New **FREE** Courses

Attend in the classroom

Start Time: 9:30am - Finish Time: 12:30pm

JOBCHANGE ARE PUTTING PEOPLE FIRST  
CALL NOW AND BOOK YOUR SPACE  
Freephone 01902 714 224



### MATHS, ENGLISH AND ICT FUNCTIONAL SKILLS COURSE ENTRY LEVELS

Attend in the classroom at: 10  
Red Lion Street, Wolverhampton  
WV1 4HL

one day per week

Start Time: 9:30am -

Finish Time: 12:30pm

12 weeks

With homework

Fantastic Tutors and support.

Call 01902 714224

## TRAINING COURSES & QUALIFICATIONS

### NEED TO BOOK A COURSE?

Booking a course couldn't  
be easier

Simply call a branch local  
to you

Have the name, contact  
number, Postcode and DOB  
ready

Book a date

Or call the freephone number  
0800 122 3510

or send a message on the  
website

[www.jobchange2007.com](http://www.jobchange2007.com)



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Homework headaches  
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Chat with a friend on facetime  
Exercise online  
Zoom to a meeting

**FREE Sessions**

**WALSALL**  
01922 625079

**WOLVERHAMPTON**  
01902 714224

**DUDLEY**  
01384 257825

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or 12:30pm - 2pm

CALL FREEPHONE 0800 122 3510

Wolverhampton Skills Connect | UK Government | West Midlands Combined Authority

### 50+ "LETS GET DIGITAL" & WALK AND TALK LETS GET PHYSICAL

#### SESSION FOR THE 50+

Wolverhampton 01902 714224

Dudley- 01384 257825

Walsall- 01922 625079

Attend with others of the same age,  
relaxed environment, support for the  
over 50s with anything digital and  
Walk & Talk sessions

Wednesday's & Thursday's

1pm - 2:30pm or 3pm - 4:30pm

Saturdays - 10:30am - 12pm

or 12:30pm - 2pm



*Out*

Join Jobchange

Wolverhampton for the month  
of March at  
West Park

Every weekday in March we are  
meeting for a 30+ minute walk,  
between 12:30pm - 2:30pm  
So if you fancy meeting others,  
doing something different on your  
lunch break, getting fit, having a  
chat or even getting sponsors for  
Cancer Research then join us

Talk or text Jane  
07563 530779




**Benefits of Walking 30 minutes Everyday:**

- Improves your fitness
- Reduces stress and depression
- Burns fat
- Strengthens bones
- Regulates blood pressure
- Fights disease
- Increases your life span

**Come and join in the fun this March**

**Get Walking Boots!**  
Call today to book your place  
01902 714224

10 Red Lion St.  
Wolverhampton, WV1 4HL  
TEL: 01902 714224  
Freephone: 0800 122 3510  
Talk or text Jane  
07563 530779



**Walk & Talk Group**

**West Park Band Stand every weekday in March 12:30 - 2:30**

I will walk 10,000 steps and I will work 10,000 more  
just to be that healthy person,  
keeping diseases from my door!

**SPONSORING**  
CANCER RESEARCH UK

**March Out March Together**  
Are you up for the challenge?

**Free Refreshments**  
Call 01902 714224  
to book your place