

## MurrayHall Community Trust (MHCT)

MHCT is an established registered charity based in the West Midlands since 1994.

Through community development MHCT aims to promote peoples' health and wellbeing by tackling the challenges of inequality; advocating on their behalf; facilitating empowerment; as well as pioneering new solutions and delivering innovative services to people.

## Agewell CIC

Agewell CIC is a social enterprise led by older people for the benefit of older people. Agewell believes that older people should be regarded as valued and respected members of the community with the right to participate in every aspect of community life.



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**NATIONAL  
LOTTERY FUNDED**



*Murray Hall Community Trust Working  
with integrity and respect for all promoting  
equality to reduce isolation for diverse groups.*

Registered Charity Number 1040170  
Company number 3692018



# SPARCS

## CONNECTING PEOPLE IN SANDWELL

Murray Hall Community Trust and Agewell CIC working together to support people over 65 years in Sandwell to maintain their health and well being and to reduce social isolation and loneliness.

For more information please contact us on 0121 557 5812



**Our aim is to help people to stay well and healthy in their own homes to stay connected and to be able to access support when needed within their own community.**

## **How we can help you;**

- Visit you at home to help you understand your individual needs.
- Provide advice, information and support.
- Help you to remain independent for as long as possible.
- Help to connect you to community /social groups in your area.
- Information about transport to medical appointments\*
- Befriending service.

*\* using MHCT Transport Solutions  
Volunteer Transport Service*

## **Could you be a Volunteer?**

Volunteering can be a fun and enriching experience. It can help you to develop new skills and meet new and interesting people.

- Be a befriender visiting people within their own home or in the community.
- Be part of a team to support local community groups.
- Be a volunteer driver taking people to GP or hospital appointments.

If you would like more information on volunteering opportunities please call us on 0121 557 5812

