wellbeing In Partnership

Promoting... Health and Well-being

Redditch Partnership

Bromsgrove Partnership

Newsletter May 2017

May is a busy month for meetings and events:

Bromsgrove Economic Development Theme Group – Wednesday 3rd May at 4pm, Basepoint Business Centre
County Council Local Elections – Thursday 4th May
Bromsgrove Aging Well Sub group – Tuesday 9th May at 10am, Bromsgrove Fire and Police Station
Pearl Izumi Tour Series – Tuesday 9th May, Redditch Town Centre
Redditch Mental Health Action Group (MHAG) – Wednesday 10th May, 7pm at the Reddicentre
Bromsgrove Community Wellbeing Theme Group – Thursday 11th May at 10am, Parkside
Bromsgrove Partnership Board – Tuesday 23rd May – 2pm at BDHT
Redditch Partnership Executive group – Wednesday 24th May – 2pm at the Town Hall
Redditch Positive Activities Subgroup – Thursday 25th May – 11am at the Town Hall

The Herbert Protocol

What is the Herbert Protocol?

The Herbert Protocol is a national scheme adopted by police services and other agencies across the country.

It is a simple risk reduction tool to be used in the event of a person with Dementia or other mental vulnerability going missing. It consists of a form that contains vital information about a person at risk that can be passed to the police if the person is reported missing. A recent photograph of the person should also be kept with the form.

The basis of the scheme is for vital information about the person such as medication, description, photograph, significant places in the person's life and their daily routine, to be pre-recorded on a form. It encourages carers, families, friends or neighbours, to hold information about the person with Dementia that can help the police find them if they do go missing.

Who fills the form in?

In a care setting the care provider, the person at risk or their family can fill in the form. The police will only ask for the form, or the information in the form, if the person is reported missing.

For further information and a copy of the form please click here.

Making It Happen!

Making It Happen – Three Conversation Model is a new way of working by Adult Services which will start on 24 April at two innovation sites in Redditch Central and Pershore/Upton before being rolled out across the service. The Model puts social work practice at the core of our business to ensure that people can be independent as long as possible.

The Model is underpinned by the principles of putting people first (not processes and transactions), reconnecting people with their families and communities, sticking to people like glue when they are in a crisis, never planning for the long-term in a crisis, and rebuilding lives by focussing on assets and strengths. The model is being developed by the staff doing the front line jobs and will be the basis for roll-out across the county.

worcestershire county council

New Document – Early Help in Worcestershire – March 2017 Edition

As part of Worcestershire County Council's Children's Social Care Improvement Plan, a document has been created that sets out the key early help services in Worcestershire that are commissioned, provided by or partnered with Worcestershire County Council. The aim of this is to give professionals a clear overview of what early help is like in Worcestershire and explain how to refer to services of where to find more information. You can download a copy from the County Council's website using this link.

Message from Libraries and Learning…

Libraries and Learning are no longer printing a hard copy of their adult learning prospectus, so want to find out the best way to tell learners and partners across Worcestershire about any new learning programmes they are developing. To do this they are promoting their One Minute Survey to existing learners, asking them to identify their preferred communication method to hear from them whether that's social media, email or text.

In addition to this they are also promoting their new Adult Learning APP that is downloadable to multiple devices and across multiple platforms. Learners and partners can now use their phone or tablet to browse for more information on learning whether that's for fun, skills, or work.

Walking for Health aims to improve the nation's health and well being by encouraging more people to become physically active through the simplest form of exercise, walking.

A health walk is a short, purposeful walk undertaken on a regular basis. Although walking at any speed can be beneficial and to be good for the heart should be 'brisk' (i.e. more than just a stroll). As well as improving physical health, organised walks can help improve mental wellbeing by providing an opportunity to socialise and a distraction from everyday stress.

WALK MORE IN WORCESTERSHIRE
WORCESTERSHIRE Walking Network
www.worcestershire.gov.uk

To find a group near you see Health Walks Groups in Worcestershire, or log on to Walking for Health and use the 'walk finder'. Below are details of the walks in Bromsgrove and Redditch:

Arrow Valley Health Walks Redditch
Arrow Valley Countryside Centre
Mon (short Health Walk) 11am
Thu (more challenging walk) 11am
Val Wilson 01527 534030

Bromsgrove Walks for Health
Sanders Park Kiosk
Mon 10am
Fri 10am longer walk
Judith Rowe 01527 871571

Save the Date

In June the Health and Care Trust will be holding a series of co-production events to look at Older Adult Mental Health Services. The aim is to work with patients, carers and the wider community to understand how these services should look. Events are as follows:

- Wednesday 21st June – Simply Limitless, Jellyman Room, Puxton Lane, Kidderminster, Worcestershire, DY11 5DF - 2pm-4pm
- Monday 26th June – Redditch Town Hall Walter Stranz Square, Redditch, Worcestershire, B98 8AH - 10am-12noon
- Thursday 29th June – St Peter's Baptist Church, Main Hall, St Peter's Drive, Worcester, WR5 3TY from Time - 5pm-7pm
- Monday 3rd July – Perdiswell Young Persons Centre, Activity Room 4 & 5, Perdiswell Park, Droitwich Road, Worcester, WR3 7SN - 10am-12pm

To express interest and reserve a place, please contact Paulette Cook on paulette.cook1@nhs.net or call 01905 681429.

The Prince's Trust Team Programme runs throughout the year, and they are currently recruiting for the next intake, which will run from Worcester (8th May - 28th July).
Leaflet
Referral Form
For further information either contact:
Leigh-Anne Beattie (lbeattie@howcollege.ac.uk/ 07815 620457)
or Paul Neuchterlien (PNeuchterlien@howcollege.ac.uk/ 01905 74389)

Useful Websites and Apps

Calm Harm
Calm Harm provides tasks that help you resist or manage the urge to self-harm. The focus is to help learn to identify and manage your 'emotional' mind with positive impact.
http://www.stem4.org.uk/calmharm/?gclid=Cj0KEQjww7zHBRCToPSj_c_WjZIBEiQAj8il5Eq3CKRdROsaz4EiGHgODUXBGL4TRHA-wqwrxcrd728aAmMO8P8HAQ

Stop Breathe Think
With this app, you can develop and apply kindness and compassion in your daily life through a process called STOP, BREATHE & THINK:
http://www.stopbreathethink.org/

MEMORIES AND MUFFINS

Estimates of dementia based on national prevalence suggest that there are currently around 1600 people with dementia living in Bromsgrove and 865 in Redditch. The numbers are forecast to increase considerably in the next 15 years, to approximately 2,700 (Bromsgrove) and 1560(Redditch)

Raising awareness and reducing stigma around this disease of the brain is therefore a local health and well-being priority.

PH (WCC), local Council partnerships, VCS and other statutory organisations, members of our LDAA and private business' have all agreed to support Dementia Awareness Week (15th-21st May) by running two local events @

Lorita's Bakehouse, High Street, Bromsgrove 10-2pm Tues 16th May

Ecumenical Centre, Redditch 10-2pm Thurs 18th May

offering support, advice, information about local services to support residents and their carers "living well" with Dementia.

We will also be running a **Dementia Friends Information session 12-12.45 @ Bromsgrove Library on Tues 16th May (which offers a brief insight into " Living Well" with Dementia)**

Members of the Redditch and Bromsgrove Local Dementia Action Alliance will also be approaching local business' during the events to sign up and join our local team to raise awareness, tackle issues and support in our journey to become a **Dementia Friendly Community.**

Fantastic example of local partnership, collaborative working to tackle a local priority.

For more information contact:angie.roberts@bromsgroveandredditch.gov.uk

LUNCH PLUS!

Needing company?, want to make new friends?
or just to socialise ?

JOIN US FOR FRIENDSHIP FOOD AND FUN
AT BROMSGROVE METHODIST CHURCH CENTRE
ON THE FIRST FRIDAY OF EACH MONTH

Please check details for Christmas and Easter

2–course HOT LUNCH

PLUS about a half-hour of varied activities from 12.00 to 2.00

Donation per person to include tea, coffee, - just £5.00

BOOKING in ADVANCE please for catering purposes
through the Methodist Church Centre telephone – 01527 835843
(If necessary you can cancel on the day using the same number)

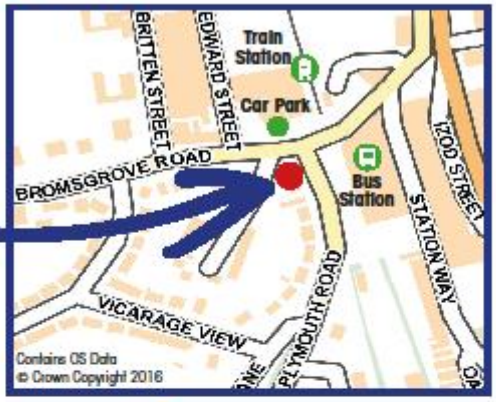
This is a Bromsgrove Crosslinks Project

A community project to inspire, repair and re-use

Repair Café Redditch

NEW VENUE

Oasis Christian Centre,
4 Plymouth Road,
Redditch, B97 4QB
(Nearest car park is located on Edward Street)



Saturday 10am - 2pm
29th April, 27th May & 24th June

Bring along anything that needs fixing and we will do our best to help and advise you.

Furniture
Woodwork
Tools

Bicycles
Electricals
Computers

@repaircafereddditch

www.repaircafereddditch.org.uk

supported by

Bromsgrove Digital Fayre

Friday 5th May 2017

Starlight Community Centre, Humphrey Avenue, Charford, B60 3JB

10 am until 3 pm

Free admission and everyone who attends will go into a **free** prize draw to **win** a Kindle.

This event at Starlight Community Centre will provide you with all you need to know to access anything digital. There will be a number of organisations available, including access to healthcare, banking, housing, local authority, blue badge applications and learning more about cyber security.

This event is not to be missed!

starlight community centre

WORCESTERSHIRE INTEGRATED CARERS HUB

WORCESTERSHIRE ASSOCIATION OF CARERS

Carer Awareness Sessions for Front Line Staff

This is a free engaging interactive session aimed at front line staff working out it the local community to help build their carer awareness.

Aims:

* Raise awareness of carers and their role
* Increase understanding of the impact of caring
* Increase understanding of carers needs
* Provide an overview of the Worcestershire Integrated Carers Hub (WICH)
* Increase understanding of how to refer carers to local support if need be (or encourage self-referral)

Date : Wednesday 14th June 2017

Venue: Parkside Suite (Old Hall), Bromsgrove , B61 8DA

Time: 10 until 12

Worcestershire Association of Carers is a charity providing support for unpaid adult carers in Worcestershire. The charity delivers services via the new Worcestershire Integrated Carers Hub which provides a telephone helpline, website, training, information points, fact sheets and regular newsletters. For more information please contact Jane Taylor on: 01905 751 348/jtaylor@carerswocs.org.uk.

LOTTERY FUNDED

The Triangle Trust

NHS South Worcestershire Clinical Commissioning Group

NHS Wyre Forest Clinical Commissioning Group

NHS Redditch and Bromsgrove Clinical Commissioning Group

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