

Get More Active!

Bromsgrove Council and Redditch Council offer lots of opportunities to get fit and active in a community setting. Both websites have details of activities on offer. The sorts of things which you can take part in include:

- Couch to 5k
- ESCAPE –pain scheme
- Get back into Cycling
- Activity referral scheme
- Strength and Balance
- Exercise Classes
- Tai Chi
- Walking Football
- Zumba



For more information please see [here](#) for Bromsgrove activities and [here](#) for Redditch activities.

Redditch and Bromsgrove Small Grants Scheme Now Open...

Both Redditch and Bromsgrove Voluntary and community groups have the chance to pick up a grant of up to £500 from the Council to help provide projects in the community.

The Redditch Stronger Communities Grant Pot and the Bromsgrove Small Grants Programme are now open. Applications for both Grant Pots can be made until 4 pm on **Friday 28th September 2018**. To apply, download an application form by visiting the Bromsgrove webpages [here](#) and the Redditch webpages [here](#).

Walking out of Darkness Event

Mental Health is important to everyone and we can all make a difference. The West Midlands Combined Authority together with PHE West Midlands and event organiser, CLASP Charity are proud to announce 'Walking Out Of Darkness' will take place in Victoria Square, Birmingham on Sunday 7 October 2018 to unite the West Midlands and raise 'Mental Health Equality for All'.

The 'Walking Out Of Darkness' event is to unite the West Midlands community in raising Mental Health Equality for All by showing support for people suffering from mental ill-health, enabling them to open up about Mental Health concerns without fear of stigma. Plus for families and friends, who have lost someone to suicide; an opportunity to obtain assistance and support from Charities, Services and numerous parties, attending on the day.

We would like to encourage Residents, Businesses, Schools, Universities, Private and Public sector services to participate. Walkers may choose which charity they would like to fundraise including national and local charities. The event is a combination of a 10km walk in the centre of Birmingham and Mental Health Wellbeing information festival based in Victoria Square.

Registration for participants of the 10km walk is available at www.walkingoutofdarkness.com



Did you know that if you're resident in either of our areas you can be part of that area's community panel, where you are asked for your opinion on decisions that help shape the community and drive the future? If you sign up, you'll get regular surveys asking for your views, as well as invitations to discussion meetings. You can do as much or as little as you like.

A new survey is just about to be launched so if you want to take part, just sign up [here](#) for Bromsgrove and [here](#) for Redditch.

Feedback from the community panels can make a difference to each council's policymaking decision.

For more information contact equalites@bromsgroveandredditch.gov.uk or telephone 01527 64252, ext. 2409.



CHILDREN'S CHARITY SEEKING MALE MENTORS

Could you spare an hour or two a week?

Would you like to help children and young people in the Redditch area?

Local children's charity Mentor Link is recruiting Volunteer Mentors to support children and young people in schools. Owing to a current shortage of male mentors, Mentor Link would particularly like to hear from men who would like to support boys in schools for around an hour each week. Enquiries are also welcome from female mentors, as the demand for services continues to grow. Anyone interested should be a good listener, patient and enjoy working with children and young people.

The Mentors are trained to support and encourage young people who are facing issues which are impacting on their education and well-being, with a view to improving their self-esteem and engagement in learning. The charity has an excellent track record of success in achieving positive outcomes with children and young people.

The charity is hoping Mark Warmington's experience will inspire men in the Redditch area to get involved. Mark joined the charity last year as a Mentor and has supported a number of students during that time. He has commented that:

"Volunteering with Mentor Link gives me an opportunity to make a difference in a young person's life. Each of my mentees know they can speak about anything that is important to them and truly be heard. This helps build their confidence and trust in adults that they won't be judged, that their point of view is important and that they have an outlet to work through the challenges and pressures they are facing in life."

Mentor Link is a Safer Recruiter and requires two 2 character references and an Enhanced DBS clearance. They will provide Induction training, travelling expenses, on-going training, and a dedicated team of staff to support you in your role.

If you can spare an hour or two a week, and you are able to commit to a minimum of 6 months volunteering please contact Claire Quinn on 07973 572768 or email Claire.Quinn@mentorlink.org.uk

We welcome enquiries from schools, parents and organisations in the area who want to hear more about our services.

For further information see our website www.mentorlink.org.uk

Find us on [Facebook](#) Registered charity number 1169026



50 Years of Sanders Park

Let's celebrate together!

Sunday 16th September, 12 - 4.30pm

- Share your memories & view our photo display of the park from the last 50 years. Email your memories/photos to info@bromsgrovesoc.co.uk
- Music from Wyre Forest Big Band & local band 'The Peas' playing 80s, 90s & 00s
- Steve Kaos circus workshops & performances
- Victorian music workshops
- Classic cars • Face painting
- Artrix Songstars Choir
- Bring a picnic, chairs & blankets!



For more info please contact the Arts & Events team on 01527 534030 or go to www.bromsgrove.gov.uk/events

The Bromsgrove Society



Bromsgrove
District Council
www.bromsgrove.gov.uk

Volunteering Opportunities

- We are looking for people with a variety of experiences to volunteer with us.
- Are you able to give one to two days per week to help your local community?
- Do you have basic I.T skills and enjoy working with people?
- Put your skills to good use in a fulfilling environment.
- In return you will receive a nationally recognised qualification.



Join our telephone and face to face advice team

Please contact Jayne or Suzanne on 01527 579775 for an informal chat or email admin@bromsgrovecab.cabnet.org.uk

We are a charity that is committed to making society fairer and improving the lives of local people.

Citizens Advice values diversity, promotes equality and challenges discrimination.

We welcome applications from people of all backgrounds



Couch to 5K

**STARTING
MONDAY 3RD
SEPTEMBER**

Monday 6pm
Lickey End Recreation Ground

Tuesday 9.30am
Catshill Meadow

Wednesdays 6pm
Sanders Park

Thursdays 9.30am
Sanders Park

Sundays 9.30am
Alvechurch Meadows

**JUST £1 PER
SESSION**

**9 week course
sessions last
approx.
45 minutes**

If you would like to make the first steps towards your 5K goal just turn up, for more information or details on similar groups contact Hayley Tel: 01527 881404
Email: hayley.gwilliam@bromsgroveandredditch.gov.uk

» Active
Bromsgrove

ONE YOU
COUCH
TO 5K



Bromsgrove
District Council
www.bromsgrove.gov.uk



Couch to 5K

**STARTING
SUNDAY 2ND
SEPTEMBER**

Sundays 9.30am
The Abbey Track

Mondays 11.30am
Morton Stanley Park

Mondays 7pm
Arrow Valley Lake, Stitch Meadow

Tuesdays 7pm
Batchley Pond (by playpark)

Wednesdays 7.30pm
The Abbey Track

Thursdays 9.30am
The Abbey Track

**JUST £1 PER
SESSION**

**9 week course
sessions last
approx.
45 minutes**

If you would like to make the first steps towards your 5K goal just turn up, for more information or details on similar groups contact Hayley Tel: 01527 881404
Email: hayley.gwilliam@bromsgroveandredditch.gov.uk



»Active
Redditch



Get active

one step

at a time...

Join a free local group walk!

Our health walks are a great way to get active and meet new people in your local area. Join us!

Walk name: Starlight Walkers

Dates: Every Monday, commencing 25th June

Start time: 13:00

Meet-up point: Starlight Cafe

Length: Dependent on ability

Contact name: Vicky Rollason

Contact number: 01527 833886

For additional support making small lifestyle changes to improve your health, contact the Living Well Service: 01905 675850 email: livingwellhub@independencetrust.co.uk

Supported through funding from players of People's Postcode Lottery and Macmillan

Counselling Skills for Non-counsellors

One day course

Thursday 25th October 2018

An excellent introduction to counselling skills

This course will enable learners to develop skills in helping others by introducing some of the key counselling skills that support the helping process.

This course is widely applicable to many professionals who listen to people and provide help and support including appropriate signposting. Previous attendees have included social workers, support workers, volunteers, health professionals and private sector workers.

Focusing on:

- The skills necessary for the management of interviews using counselling skills.
- The process of change and loss.
- The ethical considerations and the need for support in activities using counselling skills.
- Exploring the importance of self-awareness when using counselling skills in the helping relationship.
- Successfully concluding an interview with appropriate signposting.

Course Arrangements:

Date: Thursday 25th October 2018

Times: 10am - 4pm

Venue: Beech Room, Age UK H&W, Bromwich Road, Malvern Gate, Worcester WR2 4BN

Cost (includes lunch and parking):

£95 (Public Sector or Charitable)

£105 (Private Sector)

For more information or to book a place please contact:

Karen McVeigh

Relate Worcestershire

Tel: 01905 23597

karen@relate-worcestershire.org

www.relate.org.uk/worcestershire

HEART OF WORCESTERSHIRE COLLEGE

HERE TO HELP SUPPORT YOUR CUSTOMERS

WE'RE RUNNING THE FOLLOWING COURSES:



Prince's Trust

Team programme

This action-packed course will provide your customers with the skills they need to succeed. Through a variety of practical activities and fun tasks, we'll help them find the key to unlock their potential!

12 WEEKS FULL-TIME

16-25 YEARS OLD

EMPLOYABILITY SKILLS COURSE

We're providing short employability skills courses to unemployed people.

They build confidence, promote teamwork and offer skills to help them take control. They're FREE to claimants of JSA, ESA, UNIVERSAL CREDIT and other major benefits.

19+ YEARS OLD

FOR MORE INFO...

CONTACT

PAUL STEPHENS

 pstephens@howcollege.ac.uk

 07535 627764

CONTACT

CARL WHITEHOUSE

 cwhitehouse@howcollege.ac.uk

 07789 754163

HOWCOLLEGE.AC.UK



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