wellbeing In Partnership

Promoting... Health and Well-being

Redditch Partnership

Bromsgrove Partnership

Grant funding for Black and Minority Ethnic (BME) Communities

Worcestershire County Council has been awarded funding from the DCLG to raise awareness among BME communities about domestic abuse and increase engagement to appropriate help and support in Worcestershire. This small grant funding is aimed at local community groups or services within BME communities to help them to:

- Increase awareness amongst their communities of the impact of domestic abuse
- Help to identify potential barriers to engagement in DA services and support communities to overcome these
- Promote BME service user participation to help shape services supporting domestic abuse
- Influence the development of networks or groups that can provide support to women and families in BME communities to engage with DA support services

Grant applications can be made in nominations from £500 - £3000. The closing date for receipt of applications is 23rd February 2018. If you require an application form please email Sally Dring at sdring@worcestershire.gov.uk

Community Groups Can Bid For Up To £500

Redditch 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.

Stronger Communities grants are made available to groups, which do not necessarily have to be formally constituted to apply, in three rounds every year as part of the Council's wider annual grants programme. Applications can be made until **4 pm on Friday 9th February 2018**. To apply, download an application form by looking at the Council's VCS funding pages here.

How Are You? – Take the online Quiz to find out…

BECAUSE THERE'S ONLY ONE YOU

Many of us would like to improve our health in some way. In fact, 83% of middle aged adults either drink too much, are inactive or are overweight or obese. The How Are You quiz is a great tool to help you get started making positive changes in 2018. How Are You is a free online quiz which helps adults to identify changes they could make to their health as well as providing personalised recommendations of proven tools and advice to help them take action where they most need it.

As well as the quiz, hundreds of thousands of people are also using free One You digital tools including:

- Active 10 walking app - Just 10 minutes of continuous brisk walking every day can benefit your health, improve the way you feel and reduce the risk of a number of long-term conditions such as heart disease and type 2 diabetes. Active 10 quickly and simply shows you how many brisk 10 minute walks you're doing and how to fit more into your day. Download it today to see how many Active 10s you've done
- The One You Days Off app - helps you feel healthier, lose weight and save money by simply nominating days to take off drinking alcohol. Download the app today to receive practical, daily support to help you achieve your goals.
- The Couch to 5K app - has been designed to get you off the couch and running in just 9 weeks. Grab your trainers, download the app and follow the step-by-step instructions
- Our free Easy Meals app - is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to help get you going if you're ever short of inspiration

Please help promote the 'New year New You' within your business or organisation by promoting the how are you quiz and the tools listed in this article.

New Carers Group in Bromsgrove

Are you an unpaid carer looking after a family member or friend who needs help because of illness, age, disability or addiction?

Do you need support in your caring role?

Come along and **join** us at our new **Carers Group** in **Bromsgrove** starting**:**

Wednesday 28th February 2018 at Crabtree Court in Sidemoor (B61 8UA) from **2pm – 3.30pm.**

This group will then take place on the **last Wednesday** of every month.

This is an opportunity for **people who care** to come together and **take some time out** for themselves.

If you would like to know more, please contact:

Maureen Oliver (WAC) on 01905 751 350

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 Maureen Oliver on 01905 750980 or visit our website at www.carersworcs.org.uk

Thursday 8th February 2018
Milward Square, Kingfisher Centre
(Near Marks & Spencer and The Range)
10am - 4pm

- Grants - insulation, boilers
- Energy and Water bills*
- Damp and Condensation
- Personal Alarm Service - NEW Lifeline
- Home Fire Safety
- Home Energy Checks - Age UK
- Home Repairs - Care and Repair
- Improving mobility, strength and balance

please bring a recent bill

If you can't make the events but would still like energy saving advice, please call Act on Energy - 0800 988 2881

worcestershire county council
SEVERN TRENT
HWFR
NEW lifeline
CRW
actonenergy
Bromsgrove, Redditch & Wyre Forest age UK

Wednesday 14th February

Bromsgrove Library, 9.30am - 1.00pm

Look after *yourself* this Valentine's Day

Funding and advice to keep your home warm and safe

Improve your mental health and wellbeing

Free hand massages

Refreshments

Can't make the event?

Worcestershire Wellbeing Hub 01905 766124

Act on Energy 0800 988 2881

actonenergy

worcestershire county council

SEVERN TRENT

HEREFORD & WORCESTER HWFR FIRE AND RESCUE SERVICE

wellbeing hub
Your local link to wellbeing support in Worcestershire

NEW lifeline
North East Worcestershire Telecare Service

CRW
Improving homes • changing lives

Bromsgrove, Redditch & Wyre Forest
age UK

Bromsgrove District Council
www.bromsgrove.gov.uk

relate
the relationship people

Counselling Skills for Non-counsellors
One day course
Thursday 15th March 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 15th March 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

We are launching a new drop in service at Wythall Library on Shawhurst Lane to help with any of the following:

- FREE advice and support for searching and applying for work
- Help and guidance to anyone looking to secure employment, including setting up email accounts, creating a CV or submitting a job application
- Help with Universal Credit or budgeting
- Set up a Universal Job match Account
- Help with setting up an account with an online job agency
- Help with using “mybdht” account online

This service will be launched on Wednesday 24th January 2018, and will then be running on the **1st and 3rd Wednesday of every month**, **between 11 am and 1 pm.**

For more information and to book your place speak to a member of library staff or e-mail wythalllib@worcestershire.gov.uk.

You can also drop-in on the day. These sessions are open to anyone living within the area.

The Support You Need To Find The Job You Want

Redditch Older People's Services Showcase

Thursday 15th March 2018

Drop-in from 10am - 12pm

Redditch Town Hall, Council Chamber

Older people, their families, friends and carers can find out which services are available to them locally, plus:

- **FREE** advice from a wide range of services, organisations and charities
- Mental health and wellbeing advice or call Worcestershire Wellbeing Hub on 01905 766124
- Grants for loft and cavity wall insulation, boilers or call Act on Energy on 0800 988 2881
- Help with affording your bills
- Tai Chi demo at 11am
- **FREE** Refreshments

Raffle drawn 11.45am (50p)

For more information please call:

Pat & John 01527 65436
or Lorna 01527 522030