

Welcome to the July 2018 edition of the Wellbeing in Partnership Newsletter....Summer is often a time for holding events. Recently partners in Bromsgrove held an event to raise awareness of dementia...

MEMBERS of the Bromsgrove Dementia Action Alliance, a voluntary group of local organisations' aiming to raise awareness around Dementia, were out in force on Bromsgrove High Street recently in support of Dementia Action Week.

The event was supported by the local DAA members including the Alzheimer's Society, Home Instead Senior Care, VIP Day Centre, Age UK, Bromsgrove District Council, PH WCC, the fire service, police and many other organisations.

It was attended by local residents who enjoyed reminiscence music, free muffins, and lots of information about local services provided to support people living with Dementia and their carers.

The event was supported by local Councillors and even Sajid Javid turned up to offer his support too.



**Active 10 app helps adults get active this summer, starting with just 10 minutes of brisk walking...**



Summer is the perfect time of year to spend a little more time outside and to be more active, but the busy nature of modern life means that it is often difficult to fit physical activity into our days.

But the good news is, brisk walking counts as a form of intense physical activity and just 10 minutes a day can make a huge difference to your health, both in the short and long term – it gets the heart pumping faster, can make you feel better, more energetic and improve your mood. Over time, brisk walking can help to lower the risk of serious illnesses like heart disease and type 2 diabetes.

To help you on a journey to a healthier you, Public Health England is encouraging adults to download the free 'Active 10' app to help complete your 10 minutes of brisk walking daily. The app is the first of its kind to show how much brisk walking you're doing and when you are doing this at a high enough intensity and long enough to get health benefits.

So, this summer, why not join the 600,000 people who have downloaded the Active 10 app so far and get walking to a healthier you? Click [here](#) to Visit Active10\_Worcestershire to download the app.

## Domestic Abuse Services Survey

The Worcestershire Domestic Abuse Service has been awarded one year of funding to develop a specialist service for those experiencing domestic abuse from Black, Asian and minority ethnic groups.

West Mercia Womens Aid has launched a survey for professionals– to get local stakeholders views, on their experience of supporting local BME victims of domestic abuse, how they think WMWA can improve theirs and others services for these clients and what issues professionals would like covered in the free workshops being offered as part of the project.

Click [here](#) for the survey.

The survey will close on 11th July.

**DODFORD  
CHILDREN'S HOLIDAY  
FARM**



**OPEN DAY - SUNDAY JULY 8  
12.00 - 4.30 £1 (ADULTS)**

STALLS, GAMES, FACE PAINTING	CREAM TEAS	BBQ
ANIMAL TALKS & FEEDING	RAFFLE & BOTTLE TOMBOLA	
GCB FALCONRY	WELLY WANGING	
THE REDDITCH MUSIC SCHOOL BAND	SCARECROW HUNT	

Warbage Lane, Dodford, Bromsgrove, B61 9BE, 01527 878345 Charity number: 253996  
www.dodfordfarm.co.uk Twitter @DodfordFarm Facebook @DodfordChildrensFarm




## Rees Café now open in Redditch!

We work with the Rees Foundation – Rees provide support to anyone that has been in care.

### Our ideas!

We wanted to create a community café and shop providing a social space unique to the town. We will provide a local service for the community, increasing awareness about care leavers and promoting fundraising in the local area. We sell quality 'essential' items and collectables alongside excellent food and drink. We have rooms to hire out at various prices and free if you are a VCS organisation. We are open at the moment Monday to Friday 10am to 3pm.

### What do we aim to achieve?

We hope to get to know care leavers in the local area as well as working to improve skills, experience and opportunities for volunteers and future apprentices.

### Volunteering and Donations!

If you feel you could help us with a few hours or any donations, please speak to a member of staff. For further information about the Rees foundation please see the [website](#) or for more info about the café contact Polly Jones at [polly.jones@reesfoundation.org](mailto:polly.jones@reesfoundation.org)



Today Change4Life and Disney, with the support of Sport England, have joined forces to launch a brand new Train Like A Jedi programme that will take children on a galactic adventure and inspire them to get more active.

At the heart of the programme is an exciting Star Wars™ themed follow-along video, featuring British taekwondo athlete and double Olympic gold medallist, Jade Jones. In the video, Jade guides children through 12 Jedi moves that have been specially designed to increase heart rate, improve physical skills such as balance and agility, develop confidence and emotional resilience, and help them to master the ways of the Jedi. Over the summer and beyond, children will be encouraged to take part online and at home, in the classroom and through partners nationwide.

### Order and download campaign resources

For those that haven't already ordered resources, you can now do so directly on the Campaign Resource Centre. Deliveries will arrive in time for the school holidays. Digital assets are also now available to download. To find out more go to this [link](#).

Help your children get active this summer by mastering the ways of the Jedi! Please use our unique URL <http://po.st/SWWCS> to access the Change4Life website to look at the games and to view the Train Like A Jedi video.



## **AL-ANON FAMILY GROUPS UK AND EIRE**

**If someone you care about has a drinking problem you can see what it is doing to them. Can you see what it is doing to you?**

**Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their own experiences, strength and hope in order to solve their common problems.**

**If you are affected by someone else's drinking come along to our meetings and find out more.**

**We meet at:**

**The Old Needle Works**

**Britten Street**

**Redditch**

**B97 6HD**

**01527 69100**

**on Thursday's at 10.30am until 12noon**

**FROM 28th JUNE 2018.**

**Just turn up or for further information please contact Al-Anon:**

**Tel: 020 7403 0888**

**Or Britten St hub 01527 69100**

**Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)**

**e-mail: [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)**



An update on local support and services for people aged 50+ living in Redditch

## Our Information & Advice Service

Our Information & Advice Service is:

- **FREE, Impartial, Confidential and available to anyone over 50 and anyone supporting someone over 50 (carers, family etc.)**
- In addition to **Home Visits**, from **5th July** our Information and Advice Team will be operating an **Outreach Service** :
  - **Every Thursday from 9.30am - 2.30pm**
  - **At Redditch Library (Market Place, B98 8AR)**



For enquiries, to arrange a Home Visit or to book an Outreach Appointment, please call:

**01527 570490** or email [enquiries@ageukbrwf.org.uk](mailto:enquiries@ageukbrwf.org.uk)

## Activities and classes across Redditch

- There are a variety of activities and classes (including Gentle Keep Fit, Tai Chi, Bingo, Art Classes, Indoor Bowls and Tea Dance) taking place at venues across Redditch, providing great opportunities to socialise, join in and relax in a friendly atmosphere



To find out more please call us on 01527 570490

### Little things - big difference



- Are you 50+?
- Do you need an extra hand to make life easier?
- We offer a flexible service working around your needs\*

*\*This is a chargeable (non-profit making) service operating across North Worcestershire*

Free Information and Advice

At Home with  
Call 01527 871840  
[www.ageuk.org.uk/brwf](http://www.ageuk.org.uk/brwf)



Registered Charity No. 1165891

### At Home with Age UK BRWF

Members of our **At Home Team** will be in the **Kingfisher Centre (Redditch)** on:

- **Thursday 26th July**
- **9.30am - 3pm**

for anybody that would like to come along and find out more about our new service.

**Alternatively contact  
01527 871840**

# Tea Dance

Back by popular demand!

At Parkside Suite,  
Parkside, Market Street,  
Bromsgrove, B61 8DA

(Please use the entrance  
on Stourbridge Road)

Every last Tuesday of  
the month, 2 - 4pm  
throughout the year



Dancing to:  
Brian's Super Sounds

Admission £4, includes  
tea, coffee & biscuits

Parking on Town Centre car parks

*Stay active | Dance or chat | Make new Friends*

For more info please contact  
Jan Woolley on 01527 881478  
or email [j.woolley@bromsgroveandredditch.gov.uk](mailto:j.woolley@bromsgroveandredditch.gov.uk)

» Active  
Bromsgrove



**Bromsgrove**  
District Council  
[www.bromsgrove.gov.uk](http://www.bromsgrove.gov.uk)

# Extra Care Housing – A home for life

Suitable for tenants aged 60 years and older



## Thinking about a move?

You may be thinking of moving or having to leave your old home because of life changes or health problems.

You may be unhappy with where you are or you may not feel safe where you are living now.

If you value your independence and privacy and want control and choices in your life, Extra Care Housing may suit you.

**You may be eligible to move and join St David's House Extra Care Housing Scheme community.**

**Please contact us to find out more.**

**Find us on** 

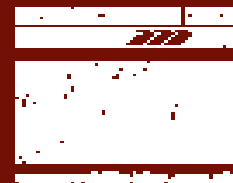
To find out more and arrange a visit please contact:

**Melinda Major, Business Support Officer**

[melinda.major@bromsgroveandredditch.gov.uk](mailto:melinda.major@bromsgroveandredditch.gov.uk)

**St David's House and Queen's Cottages,  
Willow Way, Batchley, Redditch, B97 6PG**

**Tel: 01527 584769**







**Please see below for a latest list of courses available through the Libraries and learning Team...**

<b>Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
<b>Into the Woods Taster</b>	03/07/18	10:00	Inspire Community Training
<b>English &amp; Maths for Employment</b>	05/07/18	11:00	Redditch Library
<b>Customer Care &amp; Communication Skills</b>	05/07/18	12:00	Redditch Library
<b>English &amp; Maths for Employment</b>	06/07/18	12:30	Redditch Library
<b>Dignity in Care Settings</b>	12/07/18	12:00	Redditch Library
<b>Colour me Happy!</b>	16/07/18	10:00	The Old Needle Works
<b>Small Craft Business Start-Up Workshop</b>	19/07/18	09:30	Inspire Community Training
<b>Equality &amp; Diversity for Care Settings</b>	19/07/18	12:00	Redditch Library
<b>Jewellery Making Workshop</b>	25/07/18	14:00	Sandycroft Centre
<b>Small Craft Business Start-Up Workshop</b>	25/07/18	10:00	Inspire Community Training

**Book onto a course online at [www.learninworcestershire.ac.uk/book-a-course](http://www.learninworcestershire.ac.uk/book-a-course)**