

## time to change worcestershire

let's end mental health discrimination

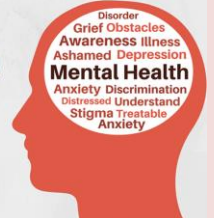
There are lots of upcoming opportunities to get involved with stigma and discrimination-busting activities in Worcestershire over the next few weeks, especially around World Mental Health Day on October 10<sup>th</sup>.

Please check out what will be happening and let Time To Change know if you're able to volunteer – remember that conversations between people who have lived experience of mental health issues and those who may not have is an effective way of overcoming the stigma and discrimination around mental health. For more info about Time to Change please visit [here](#).

If you haven't yet signed up with national Time to Change as a Community Champion and would like to do so, please see [here](#) for more information.

## World Mental Health Day

10th October



The World Health organisation recognises **World Mental Health Day** on 10<sup>th</sup> October every year.

The day provides an opportunity "for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide". This year's theme is young people and mental health in a changing world. See [here](#) for more information.

## Nominated Neighbour Scheme

Rogue trading is defined as "Any incident where an individual or individuals target a consumer, deliberately overcharging for unsatisfactory goods and/or services".

Doorstep crime encompasses distraction burglary, rogue trading and high-pressure selling.

In 2016 several incidents of doorstep crime were reported across Redditch and Bromsgrove bringing the need for a campaign to help prevent rogue traders activity.

To meet those needs the Nominated Neighbour Scheme has been launched in Redditch and Bromsgrove in September 2017.

The campaign has been delivered by North Worcestershire Community Safety Partnership using funding from the Police and Crime Commissioner.



The Nominated Neighbour has been designed to protect vulnerable and elderly residents who are often targeted by this sort of crime. It works by directing any cold callers to a nominated, trusted neighbour, relative or a friend who will check the caller's identity and return to the address with them if the reason for their visit is genuine. The elderly or vulnerable person could ask someone trusted to become their Nominated Neighbour or residents could offer to be one if the need for this is identified.

An information pack has been produced with all necessary information and instructions for a resident and nominated neighbour. The pack includes useful emergency contact numbers, Nominated Neighbour window sticker and the card with the address of the person who will be designated to check the caller's identity. It is hoped that callers who are not genuine will not want their details checked and so may leave the property without hassle.

# Nominated Neighbour Scheme



**Do you or does anyone  
you know feel vulnerable  
in their home?**

It is an unfortunate fact that certain criminals target the elderly and vulnerable in their homes by posing as genuine callers. They seek to gain access to the house by deception to steal. Others will offer to do works to the house for problems that may not even exist for exorbitant sums and the work proves unnecessary or sub-standard.

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The Nominated Neighbour Scheme seeks to protect potential victims by enrolling a willing person who is able to have callers referred to them by the potential victim so their identity can be verified.

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If you think this may be helpful to you or someone you know more detail can be obtained by contacting Community Safety at Redditch and Bromsgrove Councils on **01527 534 187** or **CommunitySafety@bromsgroveandredditch.gov.uk**

# Stay ahead of the chill this Winter

Ensuring your home is energy efficient can help you stay warm in winter.

Age UK Bromsgrove, Redditch and Wyre Forest are offering **FREE** home energy checks for older people who are finding it difficult to keep their homes warm in Winter.

As part of the Energy Check:

- One of Age UK's Bromsgrove, Redditch & Wyre Forest's handypersons will visit your home at a time that is convenient for you
- During the **free assessment** they will check the temperature inside your home and whether there are any draughts. They will inspect your heating system and any insulation measures you have
- Depending on the outcome of the assessment the handyperson will fit appropriate energy saving equipment, such as energy saving lightbulbs, reflective panels behind the radiator, socket timers and night lights **free of charge**
- The handyperson will also offer you some practical tips on how you can save energy and keep you fuel bills down without compromising on the warmth of your house. They may also inform you of other Age UK services available in North Worcestershire



For more information and to book an appointment, please call:

**Sam Jones on 01527 871840**

# Counselling Skills for Non-counsellors

## One day course

### Thursday 25<sup>th</sup> 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 25<sup>th</sup> 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](mailto:karen@relate-worcestershire.org)

[www.relate.org.uk/worcestershire](http://www.relate.org.uk/worcestershire)

# 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](mailto:j.woolley@bromsgroveandredditch.gov.uk)  
[@bromsgroveandredditch.gov.uk](mailto:j.woolley@bromsgroveandredditch.gov.uk)

» Active  
Bromsgrove



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



## **Redditch Nightstop Sleep Out**

**12<sup>th</sup> October 2018**

At

**The Old Needle Works,**

**Britten Street, Redditch B96 6HD**

**From 7pm – 6am**

Calling on individuals from across a variety of sectors, to brave the cold and give up their warm beds for one night to support our service to raise vital funds and awareness for our work.

We passionately believe that no person should face a frightening and dangerous night on the streets. We would be delighted if you could help prevent any young person from experiencing street homelessness by participating in our sleep out.

We hope that you will join us, either individually or as part of a team from your organisation, for what will be an insightful and thought provoking event

To register and receive a fund raising pack for this event please call 01527 66036 email [info@redditchnightstop.co.uk](mailto:info@redditchnightstop.co.uk) or contact us through face book.

*In support of World Homeless Day on Wednesday 10th October*