# wellbeing In Partnership

Promoting... Health and Well-being

Redditch Partnership

Bromsgrove Partnership

Welcome to the **September 2019** edition of the Wellbeing in Partnership Newsletter. See below for lots of campaigns which are taking place during the month of September!

**1st – 30th September** - World Alzheimer's Month - www.alz.co.uk/world-alzheimers-month. World Alzheimer's Month is the international campaign every September to raise awareness and challenge the stigma that surrounds dementia. Great opportunity to promote becoming a dementia friend https://www.dementiafriends.org.uk/WEBArticle?page=become-dementia-friend or Dementia Friends Information Sessions https://www.dementiafriends.org.uk/WEBSession or work of local dementia action alliance

**2nd – 8th September** - Organ Donation Week - www.organdonation.nhs.uk - Raising awareness of the important need for families to talk about organ donation to help save lives. Resources are available from here https://www.nhsbtleaflets.co.uk/Home.html.

**8th September** - National Dementia Carers Day - www.nationaldementiacarersday.co.uk - Celebrating & sharing the innovative support of dementia carers across the UK\

**9th – 15th September** - Know Your Numbers Week - www.bloodpressureuk.org - Encourages adults across the UK to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. Resources are available but are chargeable, however you can download them for free from http://www.bloodpressureuk.org/HealthProfessionals/Resources.

**10th September** - World Suicide Prevention Day – www.iasp.info. Awareness day observed every year, in order to provide worldwide commitment and action to prevent suicides, free resources available for download are available from https://www.iasp.info/wspd2019/wspd-resources/. Please promote the free suicide prevention training is available online from the Zero Suicide Alliance https://www.zerosuicidealliance.com/

**16th – 22nd September** - Sexual Health Week - https://www.brook.org.uk/about-brook/sexual-health-week-2019. Sexual Health Week is now run by Brook and the theme this year is The theme for Sexual Health Week 2019 is sex, relationships and disability. There are free resources available to download

**25th September** - National Fitness Day - www.nationalfitnessday.com. National Fitness Day brings the nation together to remind us why it's so good to move, highlighting the role that physical activity plays in helping us lead healthier, happier lives.

**Change4life** – nutrition campaign – Building on the success of our sugar swaps campaign earlier this year, that encouraged parents to reduce their children's sugar intake by swapping to healthier food and drink options. There can be a lot of sugar in the products our children consume, and **going back to school** is the perfect time to cut down by making one or two simple swaps to lower sugar cereals, yoghurts, drinks and snacks during key moments of the school day; at breakfast, in lunch boxes and after school. Resources are available to order from https://campaignresources.phe.gov.uk/resources

**Autumnal Walks in Worcestershire** – social media campaign on Facebook encouraging people to upload photographs of their favour autumnal walk in Worcestershire. **Further information to follow.**

**Being active** – with a long term condition – Campaign is being organised by Sports England and The Richmond Group (lead charity AgeUK). I have a meeting scheduled with sports partnership to discuss how we can work together to promote this campaign. **Further information to follow.**

**Also – A Memory Walk is being planned in Sanders Park on 18th October - more details to follow soon!**

Visit **bromsgrove.gov.uk** or **redditchbc.gov.uk** and search **'consultations'** to have your say

Bromsgrove District Council
www.bromsgrove.gov.uk

REDDITCH BOROUGH COUNCIL
making a difference
www.redditchbc.gov.uk

# Carnival Parade & Community Festival

## Saturday 28th September
## Bandstand, Church Green, 12 - 6pm

**Walking Parade from Edward Street Car Park to Church Green with Caribbean Carnival Dancers & Oya Batucada Samba Band** *Sponsored by Tommy Wilson*

**Music & Dance from:**

Abba Tribute • Save the Date
Olivia's Dancers • Sub Zero
Keri Whip • It's a Sign Choir
Forró Tempo Band

**PLUS: Bouncy Castle | Face Painting**
**Food Stalls | Children's Activities**

Bandstand, Church Green, B97 4DY

**For more info please visit**
**www.redditchbc.gov.uk/events**

Outdoor performances subject to change/cancellation due to adverse weather conditions. All details correct at time of going to print; events programme may be subject to change.

At the Bandstand

Redditch Carnival

Redditch Round Table

Redditch Borough Council — making a difference — www.redditchbc.gov.uk

worcestershire county council — Worcestershire County Councillors' Divisional Fund

'Gives you the confidence, knowledge and skills to make a positive difference to your life and to the life of the person you care for.'

A series of FREE sessions covering all aspects of the caring role ranging from maximising your income as a carer to taking time to look after your own health and wellbeing.

Caring with Confidence is a programme of 11 themed group sessions for carers to meet and share experiences in a structured, interactive and informal setting. Each session is led by two trained facilitators and lasts for 3 hours. Carers learn and participate in a positive way through group activities and discussions in order to build on their strengths and learn from and share with other carers in similar situations.

| | |
|---|---|
| **17th September 2019 10.00am-1.00pm** | **Finding Your Way** |
| **1st October 2019 10.00am-1.00pm** | **Caring Day To Day** |
| **15th October 2019 10.00am-1.00pm** | **Caring and Coping** |
| **29th October 2019 10.00am-1.00pm** | **Moving with Confidence** |
| **12th November 2019 10.00am-1.00pm** | **Caring and Me** |
| **26th November 2019 10.00am-1.00pm** | **Caring and Resources** |
| **10th December 2019 10.00am-1.00pm** | **Caring and Communicating** |
| **7th January 2020 10.00am-12.30pm** | **Legal Workshop** |
| **21st January 2020 10.00am-12.30pm** | **Preparing and Planning for Paying for Care** |
| **18th February 2020 10.00am-1.00pm** | **Caring and Life** |
| **25th February 2020 10.00am-12.30pm** | **Benefits Masterclass** |

All sessions will be held at The Redi Centre, 54 South Street, Redditch, B98 7DQ

To book your place please contact Natalie at Carers Careline on 01527 66177 or email info@carerscareline.co.uk

citizens advice Bromsgrove & Redditch

# CHANGE OF OPENING HOURS FROM 22ND JULY 2019

## Bromsgrove Office

Drop into our office: 50-52 Birmingham Road, Bromsgrove, B61 0DD

Monday 9.30am – 3.00pm

Tuesday 9.30am – 12.30pm, *pre-booked appointments from 1.30pm

Wednesday 9.30am – 3.00pm

Thursday 9.30am – 3.00pm

## Redditch Town Hall

Walter Stranz Square, Redditch B98 8AH

Tuesday, Wednesday & Thursday 9.30am – 12 noon

Or call our advice line: Monday – Friday 10am – 4pm
0300 330 0650 (mobile) or 03444 111 303 (landline)

Or email us at: enquiries@bromsgrovecab.cabnet.org.uk

Or go to citizensadvice.org.uk for more information

Redditch Borough Council making a difference www.redditchbc.gov.uk

the Money Advice Service

Bromsgrove District Council www.bromsgrove.gov.uk

Bromsgrove, Redditch & Wyre Forest
age 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

The check will take between 60 and 90 minutes

**Please note that although this service is FREE, availability is LIMITED. To avoid disappointment and to book an appointment, please call:**

**Sam Jones on 01527 871840**

Age UK Bromsgrove, Redditch & Wyre Forest
Registered Office: 51 Windsor Street, Bromsgrove, B60 2BJ Registered Charity No. 1165891

primrose hospice

Care Compassion Community

WELL-BEING

The Primrose Hospice's Wellbeing Service is designed for adults with a life limiting illness, to help manage and maintain a quality of life. The Wellbeing Service is aimed at meeting individual needs and promoting personal choice.

From the 23rd September ,the service is offering weekly sessions for members to boost mental & physical health. The sessions provide a person centred approach, giving a boost to self-confidence and peer support.

Please contact our Wellbeing Service Lead for further details:-

Christy Weatherby 01527 871051

Christy.weatherby@nhs.net

Caring for the people of North East Worcestershire
**Primrose Hospice**
St. Godwalds Road, Bromsgrove B60 3BW

**Care t:** 01527 871051 | **Fundraising t:** 01527 889796
**e:** info@primrosehospice.org | **w:** www.primrosehospice.org
Company registration number 2211941 | Registered charity number 700272

NHS

# Have you got a vitamins voucher?

**Distribution Points for Healthy Start Vitamins**

**Bromsgrove**
Princess of Wales Community Hospital
Pear Tree Children's Centre

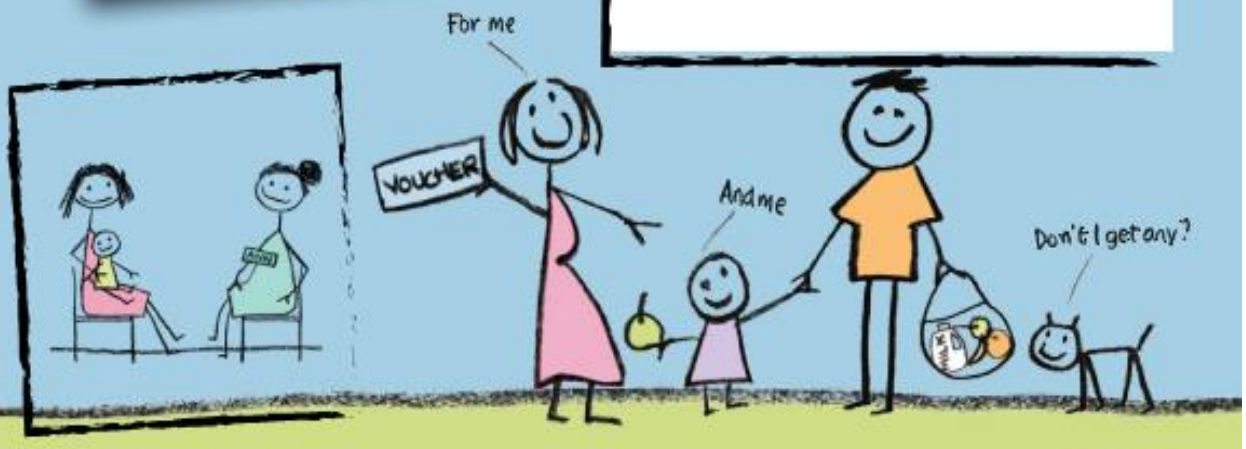
**Malvern & Tenbury**
Riverboats Children's Centre
Sunshine Children's Centre (Great Malvern)
Tenbury Community Hospital

**Redditch**
Smallwood House
Holly Trees Childrens Centre

**Worcester City**
Saffrons Childrens Centre
Tudor Way Childrens Centre
Buttercup Childrens Centre

**Wychavon**
WANDS Children's Centre (Droitwich)

**Wyre Forest**
Kidderminster Health Centre
Brookside Children's Centre (Kidderminster)
Half Crown Wood Children's Centre
(Stourport-on-Severn)




HEALTHY START

Promoting... Health and Well-being

Find out more online:
www.worcestershire.gov.uk/healthystart

worcestershire county council

# PREGNANT OR HAVE CHILDREN UNDER FOUR?

NHS

## Don't miss out on HEALTHY START vouchers worth up to £6.20 a week per child

**The vouchers can be spent on:**

- plain fresh or frozen fruit and veg, whole or chopped, packaged or loose
- milk
- you are also entitled to free vitamins

almost half of eligible families in Worcestershire are missing out on their food vouchers

**Do I qualify for Healthy Start?**

You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old and you or your family get:

- Income Support, or
- Income-based Jobseeker's Allowance, or
- Income-related Employment and Support Allowance, or
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take home pay of £408 or less per month)

HEALTHY START

Visit: **www.worcestershire.gov.uk/healthystart**
or speak with your midwife or health visitor for more information

worcestershire county council

# Bromsgrove Carers' Group

## We meet on the last Wednesday of each month

2-3.30pm

Breme House , 46 Providence Road, Sidemoor, Bromsgrove B61 8EF

**Do you look after someone who is ill, disabled or frail ?**

**Do you need time out and some company for yourself? If so, you are not alone.**

**Drop in for a cuppa and a chat**

**Meet with other carers who share and understand your experiences**

**Enjoy recreational activities, relaxation and occasional outings, as a break from caring.**

**For more information call Maureen Oliver on**

**07427474776 or our Helpline on 03000124272**

WORCESTERSHIRE ASSOCIATION OF CARERS

Registered Charity No: 1071850

# Zumba

# Pilates

## Thursdays @ Catshill Village Hall

Golden Cross Lane, Catshill, Bromsgrove, B61 0LZ

## Come & dance yourself fit!

Starting Thursday 5th September

**1pm - Zumba | 2pm - Pilates**

**£3.30 per session**

For more info please contact Hayley Gwilliam on 01527 881404 or email hayley.gwilliam@bromsgroveandredditch.gov.uk

Active Bromsgrove

Bromsgrove District Council
www.bromsgrove.gov.uk

# escape pain

## Do you have knee or hip pain?

**An educational and exercise programme for people living with osteoarthritis**

## CLASS DETAILS

**Venue**

The Space, Winyates Centre, Redditch
B98 0NR

**Day**

Tuesdays and Fridays

**Time**

1.15pm to 2.15pm
+
2.15pm to 3.15pm

**Starting**

Tuesday 3rd September 2019

## HOW DO I SIGN UP?

**Contact Hayley Gwilliam – Redditch Borough Council**
Telephone 01527 881404
Email: hayley.gwilliam@bromsgroveandredditch.gov.uk

REDDITCH BOROUGH COUNCIL
making a difference
www.redditchbc.gov.uk

SPORT ENGLAND
LOTTERY FUNDED

ARTHRITIS RESEARCH UK

Kingston University London

St George's University of London

hin Health Innovation Network South London

relate
the relationship people

# Counselling Skills for Non-counsellors
# One day course
# Friday 18 October 2019

**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: Friday 18th October 2019**
**Times: 10am - 4pm**
**Venue: Perdiswell Young People's Leisure Club, Perdiswell Park, Worcester WR3 7SN**
**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

# Domestic Abuse Training in Worcestershire

We have commissioned **"Free"** multi-agency domestic abuse training in conjunction with Sarah Wigley Associates. This training seeks to raise awareness and increase understanding of the dynamics of abuse, including coercive control. The training supports professionals to better identify, signpost and support victims as well as considering safe ways of responding to perpetrators. During the initial rollout 219/221 professionals agreed they would recommend the training to a colleague. We have three modules of training available:

| Module 1: Understanding And Responding To Domestic Abuse | Module 2: Working With Those Who Are, Or May be Experiencing Domestic Abuse | Module 3: Understanding And Working with Perpetrators |
|---|---|---|
| Fully booked - **05 September 2019** – Worcester | Fully booked - **18 September 2019** – Worcester | **27 September 2019** - Bromsgrove |
| **10 September 2019** - Malvern | **10 October 2019** - Pershore | **25 October 2019** - Evesham |
| Fully booked - **01 October 2019** – Bromsgrove | Fully booked - **01 November 2019** – Bromsgrove | **29 November 2019** - Worcester* |
| **04 November 2019** - Worcester* | **15 November 2019** - Evesham | **09 December 2019** - Worcester* |
| **NEW DATE - 08 November 2019** - Bromsgrove | **06 December 2019** - Worcester* | **13 December 2019** - Evesham |
| **10 January 2020** - Pershore | **17 January 2020** - Worcester* | **30 January 2020** - Worcester |

**All courses run from 9.30am to 4.30pm** ***This course runs from 9.15am at County Hall**

Full details of the modules and the learning outcomes can be found at: **Learning Outcomes**

## How to apply

Apply for a place on the above courses by emailing: **bookings@sarahwigleyassociates.co.uk** there are only 20 places per course*. **Book now to avoid disappointment.** Please make sure you have your manager's approval before booking on these courses.

WORCESTERSHIRE FORUM AGAINST DOMESTIC ABUSE & SEXUAL VIOLENCE
Stronger Together

domestic abuse consultancy
sarah wigley associates

worcestershire county council