# wellbeing In Partnership

Promoting... Health and Well-being

Redditch Partnership

Bromsgrove Partnership

**We would just like to wish everyone who has been involved in partnership work in 2019 in Bromsgrove and Redditch a very happy Christmas. We look forward to seeing you in 2020.**

**If anyone would like to put anything in the newsletter in the new year please email to partnership@bromsgroveandredditch.gov.uk**

## JSNA Consultation

The Worcestershire Joint Strategic Needs Assessment is an assessment of the current and future health and social care needs of the local community that the local authority and local health services are required to prepare. The expectation is that the JSNA informs local commissioning plans.

The JSNA Working Group is keen to identify how the JSNA can be made better and so has created a very short questionnaire which takes five minutes to complete.
The closing date for responses is **Friday 13th December**. The questionnaire can be accessed here

## Help Us to Help You Campaign

This winter, NHS England and NHS Improvement is re-launching the overarching NHS winter pressures campaign – 'Help Us, Help You' – to help the public understand how they can stay well this winter and access appropriate services. The winter months can be challenging for the NHS, especially for urgent care services. The winter pressures campaign is delivered across a range of phases that target different audiences with different calls to action to help reduce these pressures.

PHE has now launched the winter response phase, 'Help Us, Help You – Before It Gets Worse'. The two priority audiences for this activity are older people, particularly those who are frail and over 65, and people with long-term health conditions. These groups are more likely to be admitted to hospital due to a winter illness. This phase aims to reduce the number of people being admitted to hospital via A&E for ailments that could have been prevented with early access to effective treatment and advice on how to manage a winter illness. This year's above the line materials will feature a brand-new creative that demonstrates that no one should suffer in silence and it will encourage viewers to **talk to a pharmacist about how to manage winter bugs before they get worse**.

HELP US HELP YOU
BEFORE IT GETS WORSE

All these 'Help Us, Help You' resources can be downloaded free of charge from the PHE Campaign Resource Centre. Materials are also available to download in alternative formats including audio, large print, easy read and British Sign Language from the CRC. Braille copies of the leaflet are also available on request from the partnerships team at partnerships@phe.gov.uk

**One Step Out! – step out and join in**

One Step Out! is Community First's project supporting rural communities in Herefordshire and Worcestershire to tackle loneliness and isolation. The National Lottery funded project will work with village halls, bringing people together, building connections and creating a sense of rural community. One Step Out! is about encouraging people to take the first step from home to activities. A positive way to increase social contact and make new friends.

**Volunteer and become a One Step Friend!**

Community First want to recruit volunteers who will become **One Step Out! Friends,** supporting Village Halls or other community hubs to take a proactive role in tackling loneliness and isolation in their rural community. We know many people do not find it easy to make that step without direct encouragement, especially those feeling isolated or lonely. There is a need for 'buddies' to help people take the **one step** from home to activities and support. There are many ways in which you can get involved, which can be small, that can help enormously.

**Make a pledge to support the One Step Out! Campaign today**

We are asking people from all walks of life to show their support for the One Step Out! Campaign. Make a personal pledge to do something, no matter how big or small, to help to ensure that no one in Herefordshire or Worcestershire lives a lonely day if they don't want to. A small action for family, friends, neighbours and those within your rural local community would make all the difference to how lonely they feel. At Community First, we think it is time for all of us to act. If we ALL pledge to undertake a small act of kindness, together we can start to make the difference.

**Perhaps you'll pledge to:**

- Chat more often to a neighbour and ask how they are
- Make a point of smiling and saying "hello" to others when out and about
- Volunteer as a One Step Out Friend at your local village hall
- Invite someone around for a cuppa who you think could be lonely
- spend time helping an older person do something they love by offering a lift or going along with them
- You can choose from the above list of options or share a pledge that is personal to you.

**Be proud of your pledge, share it with everyone and join in with the conversation around loneliness.** Help support our campaign and make a pledge today! **Click here to pledge now!**

A great way to spread the word about what you'll be doing to support the 'One Step Out!' campaign is with a photo and comment on social media. If you have a Facebook, Instagram or Twitter account, you can use these channels to make a pledge. Simply tell us what you'll be doing and post it online letting us know what you'll be doing to support the campaign with the tag #onestepout. Don't forget to tag @comfirst.

**For more information or to get involved in the One Step Out! campaign, contact Emma Buckingham at emmab@comfirst.org.uk or Richard Timney, richardt@comfirst.org.uk or call us on 01684 312730.**

# Adult Learning in Worcestershire

## Bromsgrove Library

| Course Number | Course Name | Course Start Date |
|---|---|---|
| 17077 | Create a Christmas Wreath | 07/12/2019 |
| 17590 | Computer Skills Stage 1 | 13/01/2020 |
| 17591 | Computer Skills Stage 3 | 13/01/2020 |
| 17571 | Jewellery Making | 14/01/2020 |
| 17078 | Watercolour Painting | 25/01/2020 |
| 17366 | Level 1 Food Hygiene | 14/02/2020 |
| 17638 | Introduction to Excel | 24/02/2020 |
| 17585 | An Introduction to Crochet | 13/03/2020 |

## Inspire Community Training

| Course Number | Course Name | Course Start Date |
|---|---|---|
| 17326 | Make your own Cosmetics: Bath Bombs | 06/12/2019 |
| 17570 | Jewellery Making | 13/01/2020 |

## Sandycroft Centre

| Course Number | Course Name | Course Start Date |
|---|---|---|
| 17569 | Jewellery Making | 13/01/2020 |
| 17580 | Sewing | 13/01/2020 |
| 17639 | Positive Me | 14/01/2020 |
| 17577 | Art & Craft Tasters | 25/02/2020 |

## Woodrow Library

| Course Number | Course Name | Course Start Date |
|---|---|---|
| 17435 | Hand & Foot Print Rudolf Cards Workshop | 12/12/2019 |
| 17437 | Light up Festive Christmas Workshop | 23/12/2019 |

## Redditch Library

| Course Number | Course Name | Course Start Date |
|---|---|---|
| 17514 | Christmas Light Up! | 10/12/2019 |
| 17438 | Hand & Foot Print Rudolf Cards Workshop | 11/12/2019 |
| 17515 | Christmas Presents Craft Workshop | 17/12/2019 |
| 17440 | Light up Festive Christmas Workshop | 20/12/2019 |
| 17647 | Sign-a-story For Families | 08/01/2020 |
| 17533 | Tai Chi For New Beginners | 09/01/2020 |
| 17606 | Computer Skills Stage 1 | 10/01/2020 |
| 17607 | Computer Skills Stage 3 | 10/01/2020 |
| 17594 | Computer Skills Stage 1 | 15/01/2020 |
| 17595 | Computer Skills Stage 2 | 15/01/2020 |
| 17507 | Level 1 Food Hygiene | 05/02/2020 |
| 17558 | Creative Writing for Beginners | 07/02/2020 |
| 17508 | Level 2 Food Hygiene | 12/02/2020 |
| 17537 | Tai Chi Taster Session | 13/02/2020 |
| 17614 | Introduction to Excel | 24/02/2020 |
| 17534 | Tai Chi for New Beginners | 27/02/2020 |

## The Old Needle Works

| Course Number | Course Name | Course Start Date |
|---|---|---|
| 17573 | Drawing, Painting and Mixed Media | 17/01/2020 |
| 17576 | MindFulness & Meditation | 26/02/2020 |

Key - • Family Learning Workshop • Adult Course

ADULT LEARNING WORCESTERSHIRE

Go to 'www.worcestershire.gov.uk/courses' and search the course number or course title

worcestershire county council

# Understanding Your Child

Worcestershire parents, carers and grandparents can now access innovative ONLINE guides about children aged from 0-18 years. Worcestershire County Council have invested in a multi-user licence for 4 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation) and we are therefore delighted to offer you **FREE** access to the courses, normally £19-£39 per person.

Understanding Your Child was established 20 years ago by psychologists, health visitors and other health professionals. It looks at brain development, play, styles of parenting, sleep, temper tantrums, communication and more and is based on the nationally and internationally acclaimed face to face course offered by the Solihull Approach.

There are 9-11 modules each taking around 20 minutes (the main screens have optional audio voice-overs) as well as interactive activities, quizzes, video clips and practical hand-outs.

## 1 Understanding Pregnancy, Labour, Birth and Your Baby - Antenatal Online Guide

The guide covers:

- Relaxing & breathing
- Getting to know your baby in the womb
- You, your baby and the stages of labour
- Birth positions
- Feeding your baby
- Fathers and babies
- After your baby is born

## 2 Understanding Your Baby - Postnatal Online Guide

The guide covers:

- Understanding feelings: both yours and your baby's
- Understanding your baby's brain
- Understanding and responding to crying
- Your baby's rhythms, sleep patterns, & feeding
- Fathers and babies
- Babies development and play
- Thinking about childcare

## 3 Understanding Your Child (for parents of children aged 6 months - 18 years)

The guide covers:

- Responding to how your child is feeling
- How your child develops
- Different styles of parenting
- How your child communicates
- Understanding your child's behaviour
- Sleep, Self-regulation and anger

## 4 Understanding Your Teenager's Brain

The guide covers:

- Teenager's brain development
- Teenagers and reading faces
- Risk taking
- Risk taking and friends
- Sensitivity to rejection
- Teenagers and sleep

To access these online guides visit
**www.worcestershire.gov.uk/parentguides**

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

worcestershire county council

# TIME TO LEARN

## Winter Courses 2020

### FLOWERCRAFT (with Pam Voisey)

**Dancox House, Worcester**
Every Tuesday 21st January – 17th March (10.00 - 12.00)

**Himbleton House, Worcester**
Every Tuesday 21 January – 17th March (14.00 – 16.00)

**Clarence Park Village, Malvern**
Every Thursday 23rd January– 19th March (10.00 – 12.00)

**Meadow Court**
Every Thursday 23rd January – 19th March (14.30 -16.30)

(N.B There is a small charge of £4.50 for flowers each week but no other charge)

### SKETCHING & WATERCOLOUR (with Karen Stone)

**Clarence Park Village, Malvern**
Every Friday starting 24th January – 20th March (13.30 – 15.30)

To book your free place, please contact **Lynn Mulderrig** on **07971 123186**

Please note there will be no classes during half term Week beginning 17th February 2020

HEART OF WORCESTERSHIRE COLLEGE

Fortis LIVING

Fortis 55+ LOVING LATER LIFE

CONTACT US | www.fortisliving.com | /FortisLiving | @FortisLiving

# FREE Community Courses

Community at Heart

| Course Title | Venue | Day | Time | Start Date | End Date |
|---|---|---|---|---|---|
| Fitness 4 the Health of it | Horizon Community Centre | Thursday | 10am-11:30am | 23/01/2020 | 19/03/2020 |
| Fitness 4 the Health of it | Tolladine Community Centre | Wednesday | 9:30am-11am | 22/01/2020 | 18/03/2020 |
| Fitness | Ronkswood Community Centre | Thursday | 12:30-2pm | 23/01/2020 | 19/03/2020 |
| Art for All | KGV Community Centre | Tuesday | 10am-12 noon | 21/01/2020 | 17/03/2020 |
| Art for All | Ronkswood Community Centre | Friday | 10am-12 noon | 24/01/2020 | 20/03/2020 |
| Art for Fun | Green Centre Community Centre | Tuesday | 1pm-3pm | 21/01/2020 | 17/03/2020 |
| Art for Creative Friends | Horizon Community Centre | Monday | 2:30pm-4:30pm | 20/01/2020 | 16/03/2020 |
| Spring Crafts | Horizon Community Centre | Friday | 10am-12 noon | 24/01/2020 | 20/03/2020 |
| Cookery Club - Positive Friends | Horizon Community Centre | Thursday | 10am-12 noon | 23/01/2020 | 19/03/2020 |
| Cooking on a budget | Green Centre Community Centre | Monday | 1:30pm-3:30pm | 20/01/2020 | 16/03/2020 |
| Cooking on a budget | Horizon Community Centre | Thursday | 12:45-2:45pm | 28/01/2020 | 10/03/2020 |
| Garment Making | Horizon Community Centre | Thursday | 12:30-2:30pm | 23/01/2020 | 19/03/2020 |
| Garment Making | Horizon Community Centre | Monday | 10am-12 noon | 20/01/2020 | 16/03/2020 |
| Garment Making | Ronkswood Community Centre | Monday | 12:30-2:30pm | 20/01/2020 | 16/03/2020 |
| Garment Making | Ronkswood Community Centre | Thursday | 10am-12 noon | 23/01/2020 | 19/03/2020 |
| Confidence and Assertiveness | Tolladine Community Centre | Tuesday | 10am-12 noon | 21/01/2020 | 17/03/2020 |
| Mindfulness and more | The Cube Malvern WR14 2YF | Thursday | 12:15-2:15pm | 23/01/2020 | 19/03/2020 |
| IT for beginners | Ronkswood Community Centre | Wednesday | 12:30-2:30pm | 22/01/2020 | 18/03/2020 |
| Connect | The Building Block, Warndon Community Centre | Wednesday | 12-2:00pm | 22/01/2020 | 18/03/2020 |
| ESOL Starter | Horizon Community Centre | Monday | 12:30-2:30pm | 20/01/2020 | 16/03/2020 |
| ESOL Pre-starter | Stanley Rd school + Saffron | Monday | 9:15am-11:15am | 20/01/2020 | 16/03/2020 |
| ESOL Preparation | All Saints M308 | Monday | 12:30-2:30pm | 20/01/2020 | 16/03/2020 |
| ESOL Starter Entry Level | Tolladine Community Centre | Tuesday | 1pm-3pm | 21/01/2020 | 17/03/2020 |
| ESOL Pre-entry Entry Level 3 | Horizon Community Centre | Wednesday | 10am-12 noon | 22/01/2020 | 18/03/2020 |
| ESOL Preparation | All Saints M308 | Wednesday | 9:30am-11:30am | 22/01/2020 | 18/03/2020 |
| ESOL Communication & Interview Skills | All Saints M310 | Friday | 9:30-12:30 noon | 24/01/2020 | 20/03/2020 |

For more information please contact **01905 725726** or **lwhitehead@howcollege.ac.uk**

**www.howcollege.ac.uk**

WORCESTER COMMUNITY TRUST

HEART OF WORCESTERSHIRE COLLEGE

# Would you like your own personalised 'Christmas Message' created by the Age UK BRWF Computer Group?

- Every year, Age UK BRWF's Computer Group work together to design and produce a special 'Christmas Message' which they display at Amphlett Hall (Bromsgrove)
- This year, to spread the festive cheer wider and to help raise funds for the charity, the group's 2019 design has been converted to a 'Christmas e-Card'
- For a suggested minimum donation of £5, we will add individual messages to this year's design, producing personalised images for donors to share via email, social media etc.
- If you would like to get involved, you can donate online via:

**www.wonderful.org/charity/ageukbromsgrovereddditchwyreforest**

- Once you have made your donation, contact Jo Hughes at Age UK BRWF (Tel 01527 868855 or Email Jo.Hughes@ageukbrwf.org.uk) with details of your personalised message (maximum of 48 characters). We will then send you your personalised Christmas Message to share with friends and family!
- For more information, please contact Jo Hughes at Age UK BRWF (Tel 01527 868855 or Email Jo.Hughes@ageukbrwf.org.uk)

Bromsgrove, Redditch & Wyre Forest ageUK

- All the funds raised through these e-cards will be used to help support the charity's local work providing support and services for people aged 50+ living in North Worcestershire

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

Bromsgrove, Redditch & Wyre Forest

age UK

# BY ORDER OF THE CHEEKY BEGGARS

**Banish the January Blues. You are invited to an evening with**

## Bromsgrove Men In Sheds & Special Guests !

**Friday 24th January 2020**

**(7– 10pm)**

Bromsgrove MEN IN SHEDS

**Ticket Price includes a 'Fish* & Chips Supper'**

**Tickets £10**

## Stoke Prior Sports & Country Club

Westonhall Road, Stoke Prior, Bromsgrove, B60 4AL

*** Sausage and Vegetarian Supper Options also available**

- **Proceeds from this Fundraising Evening will be used to support Age UK BRWF's Bromsgrove Men In Sheds. For Tickets and more information contact:**

Jo Hughes on 01527 868855 / e: Jo.Hughes@ageukbrwf.org.uk

or visit the Shedders at:

Unit 1, Metal & Ores Industrial Estate, Stoke Prior, B60 4JZ

NEW lifeline
Telecare Service

TEC Quality
Certified Organisation

# Give peace of mind this Christmas

NEW Lifeline is a telecare service available 24 hours, 365 days a year to any vulnerable people living within the Redditch and Bromsgrove districts as well as surrounding areas.

It allows residents such as the elderly, disabled or those with serious health problems to continue to live independently in their own homes.

A Lifeline unit installed in the home and a portable pendant allow the user to call for help in an emergency at any time of day or night.

Our Monitoring Centre Operators will receive the call and assist the user with their emergency.

## Need help away from home?

You can now have all the comfort of Lifeline away from home. For your security and peace of mind, the new GPS Tracker Pendant allows you to call for help wherever you are. In an emergency, it can even tell us your exact location.

## No landline available?

You can now have all the comfort of Lifeline in your home without the need for phone lines, sockets or extensions. The new Lifeline units use GSM technology, similar to mobile phones, so you can put them wherever you want as long as there is a power supply.

For more info please call 01527 534060
visit www.newlifeline.org.uk
or email: contact@newlifeline.org.uk

Bromsgrove District Council
www.bromsgrove.gov.uk

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

relate
the relationship people

# Counselling Skills for Non-counsellors
# One day course
# Monday 24th February 2020

## 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.

It 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: Monday 24th February 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.mcveigh@relate.org.uk
www.relate.org.uk/worcestershire