

wellbeing

In Partnership

REDDITCH
PARTNERSHIP

Bromsgrove
Your District Your Future Partnership

Promoting...
Health and Well-being



Adult Learning in Worcestershire

A range of courses are offered from one day workshops to year long programmes in subjects such as art and craft to psychology and from cookery to GCSE maths. Learning new things has even been scientifically proven to help keep your mind sharp and promote a feeling of well-being. To guarantee a place on one of our exciting courses or workshops book online here: [Adult Learning Courses](#)

Prospectuses can be viewed on the following links:

[Adult Leisure Prospectus Funded Summer 2018](#)

[Adult Learning Prospectus Leisure Summer 2018](#)

Welcome to April's Edition of Wellbeing in Partnership...

If you are a Voluntary and Community Sector group delivering projects in Bromsgrove, there is still time to apply for grants of up to £500.

Click [here](#) to find out more information.

The deadline for applications is Thursday 5th April at 4pm.



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

Bromsgrove,
Redditch & Wyre Forest
ageUK

Registered Charity No. 1165891

Mental Wellbeing Services for Children and Young People in Worcestershire

Just a reminder of mental wellbeing services provided for children in Worcestershire...

Reach 4 wellbeing

www.hacw.nhs.uk/starting-well/reach4wellbeing

The service offers therapeutic CBT-based group work as well as one to one sessions where group work is not appropriate.

Kooth

www.kooth.com This is an online service. The majority heard about Kooth from their school. Young people are also able to send a message to a counsellor at any time and will receive a response during the next working session.

If you would like free promotional material to promote Kooth – wallet size cards, posters please contact Kooth: jgorman@xenzone.com

Specialist Community Eating Disorders Service for Children and Young People

The eating disorder model and pathway has been developed to help promote earlier identification and referral and reduce the number of young people going in to hospital for treatment by providing specialist treatment in the community.

CAMHS CAST team

www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast/

The CAST (Consultation, Advice, Support and Training) team provides schools, colleges and other universal services with a named contact within CAMHS who can offer advice, support and training to those working with children and young people who are having difficulties with their emotional wellbeing or mental health. CAST can also give advice on referrals to CAMHS or other services.

You can also still contact CAMHS SPA during normal office hours to speak to a clinician CAMHS-SPA: 01905 768300

Singing by Heart

A Dementia Friendly Singing Group



A glad heart makes a cheerful face
Proverbs 15:13

The Salvation Army

Ipsley Street, Redditch, B98 7AR (Car park available)

Launch Date 19th April - 2pm

Then every 3rd Thursday in the month

Further details contact Linda 01527 67498 (Ans Mach in place)
or Email linda.sayner@salvationarmy.org.uk



Your Local Shed needs You!



Men In Sheds brings together people who want to share and learn new skills in a relaxed and friendly environment. The scheme originates from an Australian project, to help tackle loneliness and social isolation in older people where retirement can mean loss of status and contact.



- This group makes a huge difference to those that attend, so to help support the continuation of Bromsgrove Men In Sheds, Age UK Bromsgrove, Redditch & Wyre Forest is launching an annual sponsorship scheme
- For £100, Businesses/ Groups/ Individuals can sponsor a **SHED SHARE**. In return, sponsors will receive:



A unique Shed Share Certificate, Recognition on Age UK BRWF's Social Media & Website Pages, Name/ Logo on display at The Shed, Invitation to visit The Shed and meet 'The Shedders'

Sponsors of multiple shares will receive a special 'memento' crafted by Bromsgrove Men In Sheds

For more information about the scheme and how you can support Bromsgrove Men In Sheds, please contact Jo Hughes on

MIS PRODUCTS - You can find details of the Men In Sheds' latest catalogue on our website, www.ageuk.org.uk/brwf, or by visiting your local Age UK BRWF Shop

01527 868855

Email: jo.hughes@ageukbrwf.org.uk

thank you!

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 25th April 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

SHAPE

SUPPORTING HEALTH AND PROMOTING EXERCISE

ARE YOU EXPERIENCING LOW MOOD, DEPRESSION OR ANXIETY?

Did you know that keeping active can improve your mood?

Are you willing to give it a try?

SHAPE is a **FREE*** twelve week exercise and wellbeing programme that will help you regain and retain a healthy mind and a healthy body!

You'll experience a wide range of exercise experiences so that you can decide which best suits you and your lifestyle.



The next course will be starting on: **20th April 2018 for 12 weeks**

The sessions will run from: **11:00 to 12:30**

The course will be held at: **Simply Limitless, Kidderminster DY11 5DF**

You can book online at: **www.worcestershire.gov.uk/adultlearning**

Or call: **01562 751144**



*Dependent upon concessions being met. Limited spaces available, you must be aged 19 or over.

